

# Community Solidarity

:Converting our waste, into hope.



# Our Problems with Hunger.



# Hunger in NY State

- Statewide, 2.3 million residents rely on emergency food assistance annually.
- 1 out of 5 New York City residents lives below the federal poverty level, which is about \$18,300 for a family of three..
- Children are less than a fourth (23%) of the New York City's total population but they represent 33% of city residents living below the federal poverty level.
- 36% had to choose between paying for food and paying for medicine or medical care.
- 44% had to choose between paying for food and paying for transportation.
- 34% had to choose between paying for food and paying for gas for a car.

Where people are not eating produce. Where fresh produce is hard to access.

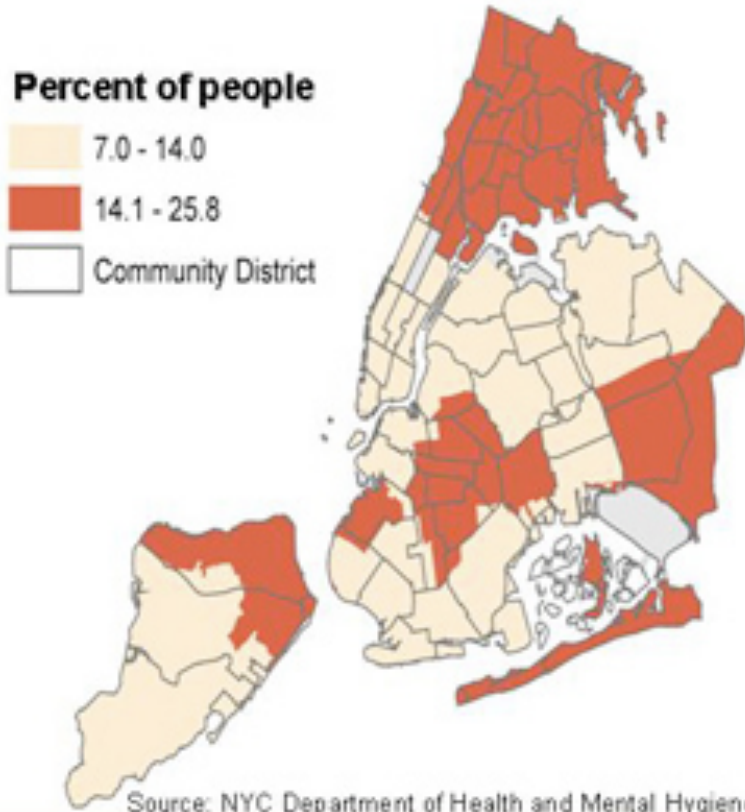
**Percent of people reporting they consumed NO fruit or vegetables the previous day by the United Hospital Fund Neighborhoods**

**Percent of people**

7.0 - 14.0

14.1 - 25.8

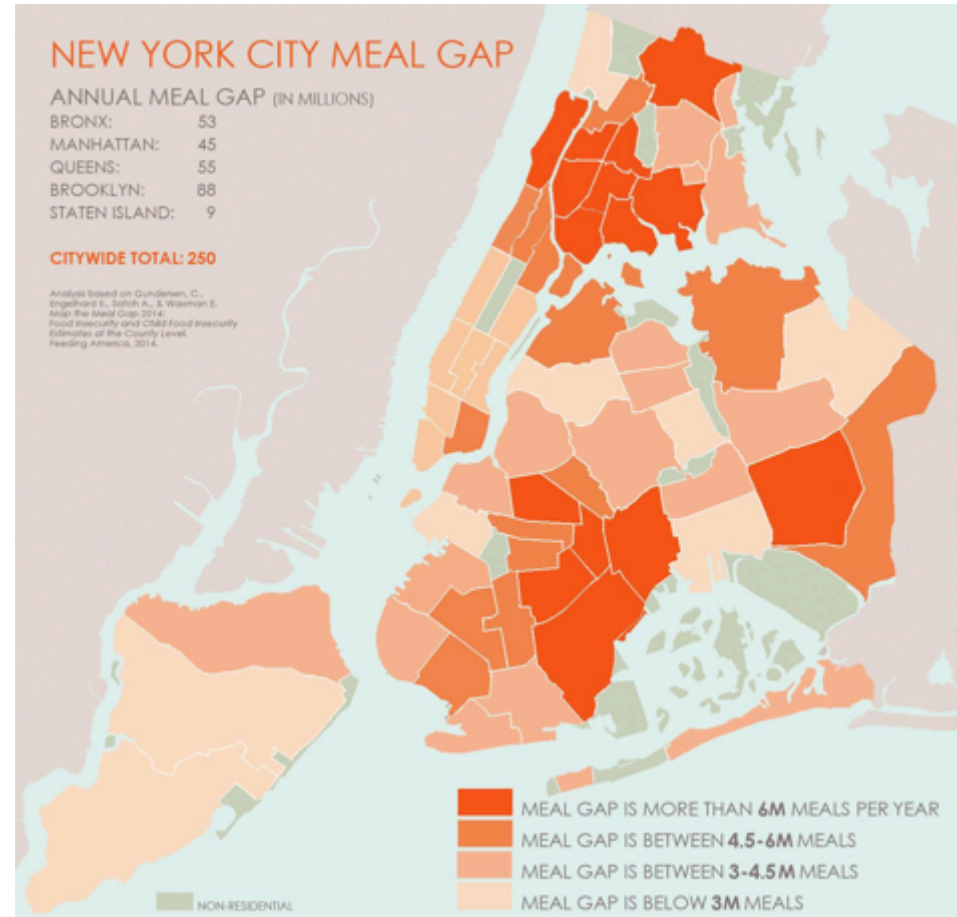
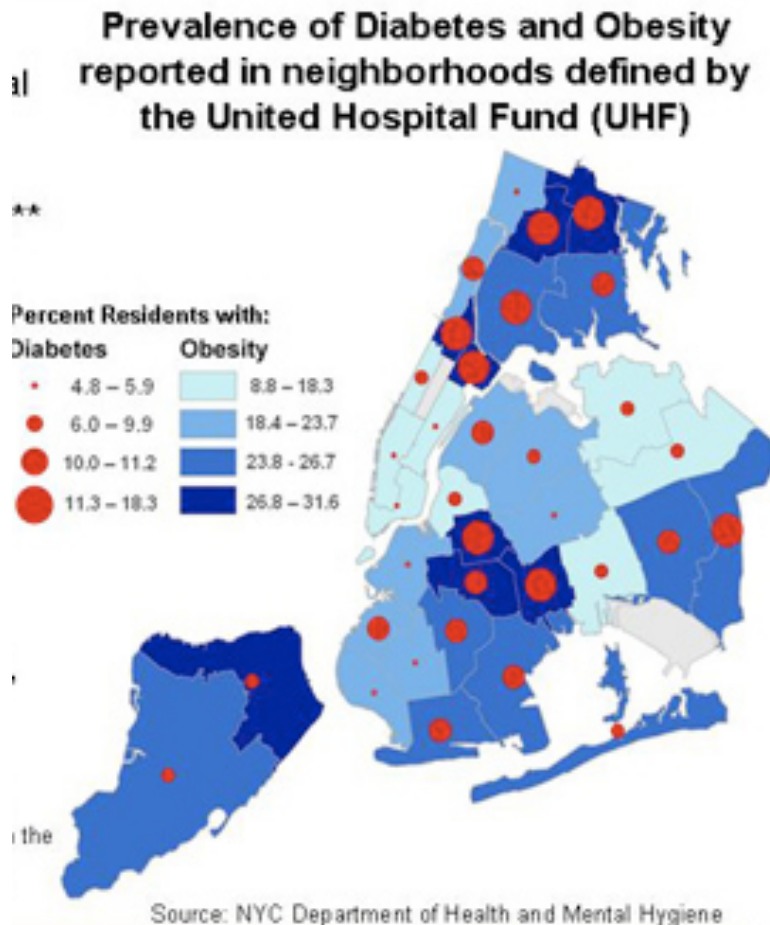
Community District



\*Image from Food Mapping.

Where people are suffering from **food related diseases**.

Where people are going **hungry**.



\*Image from Food Bank NYC.

June, 2006.  
The beginning  
of an Idea.

# FOOD NOT BOMBS





How our story began.











# Food Shares...













# HEMPSTEAD



SUN. @2PM



BED-STUY SAT. @3PM

# HUNTINGTON



# FARMINGVILLE



THURS. @7PM



SAT. @NOON  
WYANDANCH



**Each year the  
need grew.**



So our need  
for food  
grew.

Over 50% of all Food  
Production becomes  
Food Waste.



Wasted by H&M.

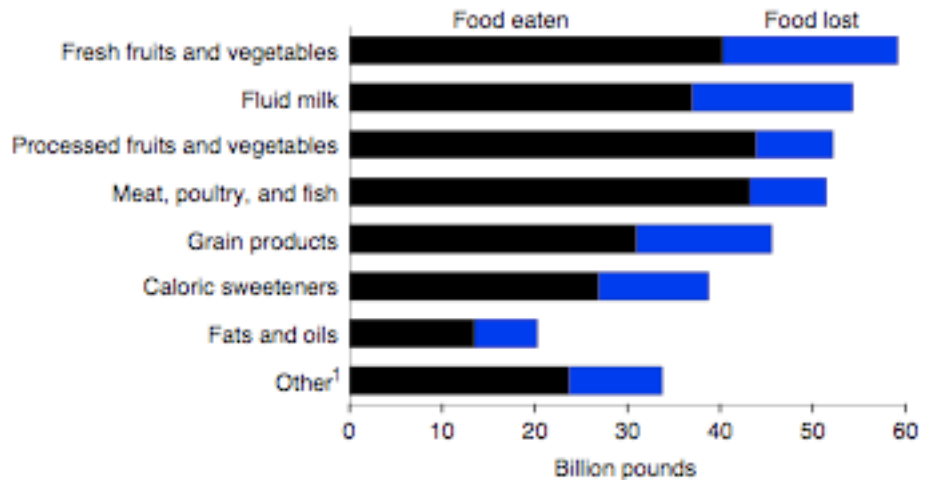




Everyday hundreds of thousands of people across NYS are dealing with hunger and every day we're tossing out millions of pounds of food.




**Food Losses Vary by Commodity—Largest Losses Were in the Fresh Fruits and Vegetables, Fluid Milk, and Grain Products Sectors in 1995**



Note: <sup>1</sup>Other includes eggs, peanuts, tree nuts, dry beans, peas, and lentils, and dairy products other than fluid milk. Source: Economic Research Service, U.S. Department of Agriculture.

Food is Labor.  
Food is Time.  
Food is Life.

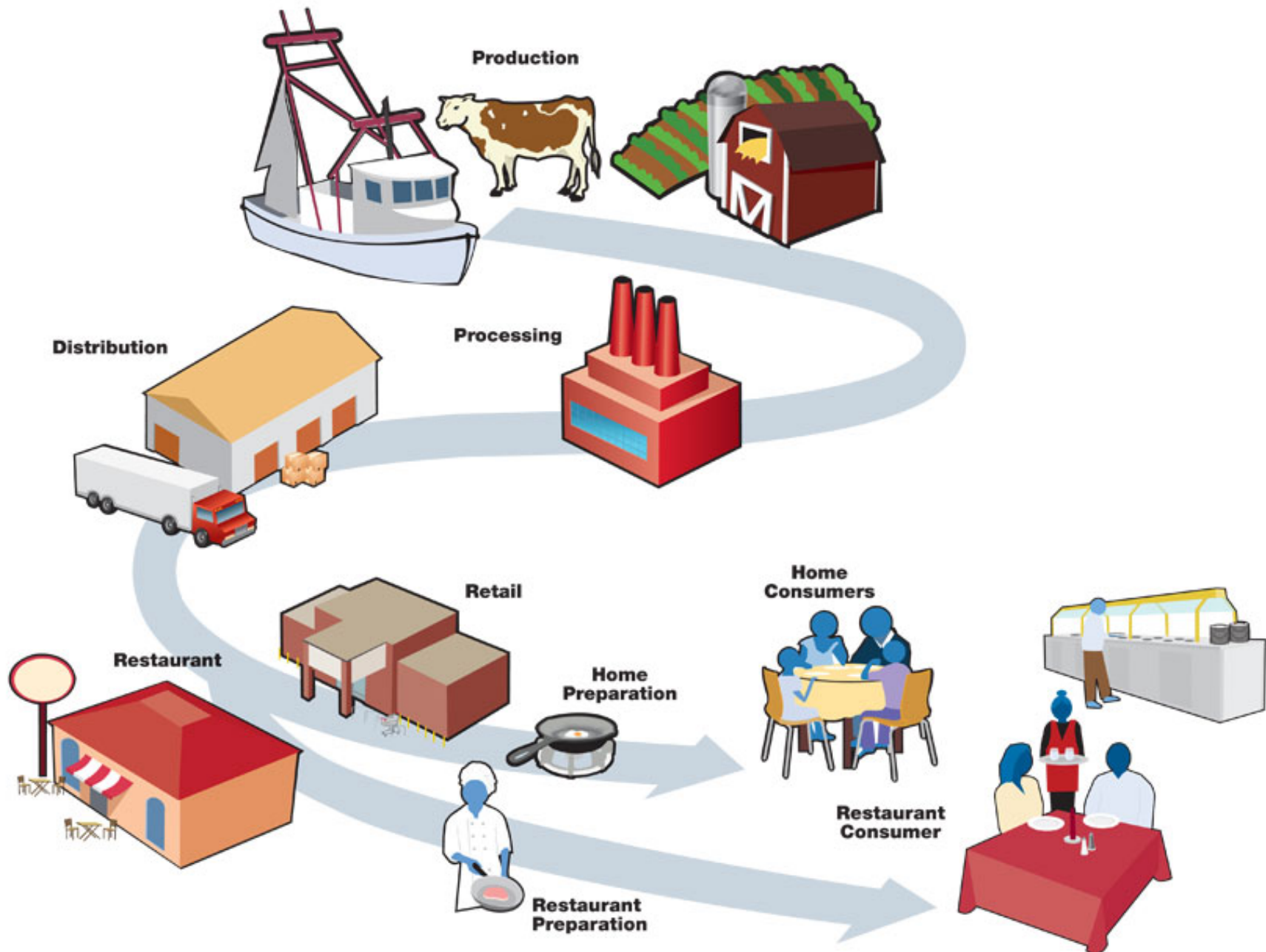


An orchard with many trees full of red apples. The ground is covered with fallen apples. In the background, there is a green field and a line of trees under a blue sky with some clouds.

Don't believe  
the myth of  
scarcity,  
Food does  
Grow on  
Trees!



# The Food Production Chain





# Onsite, Nutrition Awareness & Counseling

Total Calories Per Person		
Calories:	5.67 days	<b>81.07%</b>
Cal. from Fat:	953,631.46	
Total Fats		
Total Fat:	4.17 days	<b>59.51%</b>
Saturated Fat:	4.60 days	<b>65.77%</b>
Trans Fat:	5.85 days	<b>83.59%</b>
Cholesterol:	2.94 days	<b>41.94%</b>
Total Carbohydrates		
Total Carbohydrate:	6.22 days	<b>88.80%</b>
Dietary Fiber:	11.51 days	<b>164.46%</b>
Sugars:	13.34 days	<b>190.56%</b>
Total Protein per Person		
Protein:	9.42 days	<b>134.58%</b>

Total Minerals per Person		
Calcium:	8.78 days	<b>125.43%</b>
Iron:	11.79 days	<b>168.37%</b>
Magnesium:	7.67 days	<b>109.50%</b>
Phosphorus:	9.93 days	<b>141.92%</b>
Potassium:	6.42 days	<b>91.73%</b>
Sodium:	5.74 days	<b>81.96%</b>
Zinc:	8.60 days	<b>122.88%</b>
Copper:	5.89 days	<b>84.11%</b>

Total Vitamins per Person		
Vitamin A:	26.56 days	<b>379.41%</b>
Vitamin C:	18.29 days	<b>261.25%</b>
Thiamin (B1):	12.23 days	<b>174.72%</b>
Riboflavin (B2):	10.88 days	<b>155.41%</b>
Niacin (B3):	9.42 days	<b>134.63%</b>
Pantothenic Acid (B5):	3.77 days	<b>53.88%</b>
Vitamin B6:	10.66 days	<b>152.30%</b>
Folate (B9):	17.11 days	<b>244.44%</b>
Vitamin B12:	6.88 days	<b>98.22%</b>
Vitamin E:	1.06 days	<b>15.20%</b>
Vitamin K:	31.31 days	<b>447.22%</b>



# Enhanced Nutritional Analytics

Nutritional Comparison FY 2012/2013	Total Intake Comparison			Daily Value Comparison			Complete Yearly Nutritional Needs Met		
	FY 2012	FY 2013	Growth	FY 2012	FY 2013	Growth	FY 2012	FY 2013	Growth
<b>Totals</b>									
Food Weight (lbs)	1,150,172.61	1,629,056.77	▲ 41.64%	547,701.24	775,741.32	▲ 228,040.08	1,496.45	2,125.32	▲ 628.87
Cataloged Food Weight	964,167.44	1,629,056.77							
Total Cataloged	83.80%	82.80%							
<b>Calories</b>									
Calories	635,686,988.91	823,149,061.66	▲ 29.49%	317,843.49	411,574.53	▲ 93,731.04	868.42	1,127.60	▲ 259.18
Calories from Fat	126,059,312.70	150,438,082.70	▲ 19.34%						
<b>Fats</b>									
Total Fat (grams)	14,257,379.59	16,986,374.70	▲ 19.14%	219,344.30	261,328.84	▲ 41,984.54	599.30	715.97	▲ 116.67
Saturated Fat (grams)	4,833,989.27	5,719,694.24	▲ 18.32%	241,699.46	285,984.71	▲ 44,285.25	660.38	783.52	▲ 123.14
Trans. Fat (grams)	470,878.78	700,255.90	▲ 48.71%	235,439.39	350,127.95	▲ 114,688.56	643.28	959.25	▲ 315.98
Cholesterol (mg)	31,362,351.69	49,963,181.41	▲ 59.31%	104,541.17	166,543.94	▲ 62,002.77	285.63	456.28	▲ 170.65
<b>Carbohydrates</b>									
Total Carbohydrates (grams)	109,753,862.59	145,217,421.86	▲ 32.31%	365,846.21	484,058.07	▲ 118,211.86	999.58	1,326.19	▲ 326.61
Dietary Fiber (grams)	14,564,506.91	20,116,268.20	▲ 38.12%	582,580.28	804,650.73	▲ 222,070.45	1,591.75	2,204.52	▲ 612.77
Sugars (grams)	29,678,878.00	39,112,525.52	▲ 31.79%	741,971.95	977,813.14	▲ 235,841.19	2,027.25	2,678.94	▲ 651.69
<b>Protein</b>									
Protein (grams)	24,359,083.96	31,804,887.94	▲ 30.57%	487,181.68	636,097.76	▲ 148,916.08	1,331.10	1,742.73	▲ 411.64
<b>Vitamins</b>									
Vitamin A (IU)	6,445,445,173.27	10,077,280,925.18	▲ 56.35%	1,289,089.03	2,015,456.19	▲ 726,367.15	3,522.10	5,521.80	▲ 1,999.70
Vitamin C (mg)	58,766,449.60	98,973,773.94	▲ 68.42%	979,440.83	1,649,562.90	▲ 670,122.07	2,676.07	4,519.35	▲ 1,843.28
Thiamin (B1) (mg)	1,201,758.69	1,615,287.20	▲ 34.41%	801,172.46	1,076,858.13	▲ 275,685.67	2,189.00	2,950.30	▲ 761.30
Riboflavin (B2) (mg)	1,122,572.85	1,501,305.33	▲ 33.74%	660,336.97	883,120.78	▲ 222,783.81	1,804.20	2,419.51	▲ 615.31
Niacin (B3) (mg)	12,495,311.23	16,516,229.53	▲ 32.18%	624,765.56	825,811.48	▲ 201,045.91	1,707.01	2,262.50	▲ 555.49
Pantothenic Acid (B5) (mg)	1,804,405.85	2,576,022.85	▲ 42.76%	180,440.58	257,602.29	▲ 77,161.70	493.01	705.76	▲ 212.75
Vitamin B6 (mg)	1,268,844.69	1,747,740.33	▲ 37.74%	634,422.34	873,870.16	▲ 239,447.82	1,733.39	2,394.16	▲ 660.77
Folate (B9) (mcg)	484,370,541.39	642,747,129.81	▲ 32.70%	1,210,926.35	1,606,867.82	▲ 395,941.47	3,308.54	4,402.38	▲ 1,093.84
Vitamin B12 (mcg)	2,839,018.77	3,723,441.11	▲ 31.15%	473,169.79	620,573.52	▲ 147,403.72	1,292.81	1,700.20	▲ 407.39
Vitamin E (mg)	1,906,870.03	2,334,037.53	▲ 22.40%	63,562.33	77,801.25	▲ 14,238.92	173.67	213.15	▲ 39.49
Vitamin K (mcg)	122,099,017.93	222,079,722.86	▲ 81.88%	1,526,237.72	2,775,996.54	▲ 1,249,758.81	4,170.05	7,605.47	▲ 3,435.42
<b>Minerals</b>									
Calcium (mg)	460,133,042.25	609,726,452.92	▲ 32.51%	460,133.04	609,726.45	▲ 149,593.41	1,257.19	1,670.48	▲ 413.29
Iron (mg)	15,850,691.06	20,932,427.86	▲ 32.06%	880,593.95	1,162,912.66	▲ 282,318.71	2,405.99	3,186.06	▲ 780.07
Magnesium (mg)	165,793,947.11	222,577,632.23	▲ 34.25%	414,484.87	556,444.08	▲ 141,959.21	1,132.47	1,524.50	▲ 392.03
Phosphorous (mg)	546,003,454.68	711,785,373.75	▲ 30.36%	546,003.45	711,785.37	▲ 165,781.92	1,491.81	1,950.10	▲ 458.28
Potassium (mg)	1,123,333,319.65	1,612,325,696.82	▲ 43.53%	320,952.38	460,664.48	▲ 139,712.11	876.92	1,262.09	▲ 385.18
Sodium (mg)	811,889,142.12	1,048,439,281.72	▲ 29.14%	338,287.14	436,849.70	▲ 98,562.56	924.28	1,196.85	▲ 272.57
Zinc (mg)	8,807,362.25	11,496,609.22	▲ 30.53%	587,157.48	766,440.61	▲ 179,283.13	1,604.26	2,099.84	▲ 495.58
Copper (mg)	625,299.27	863,208.06	▲ 38.05%	312,649.64	431,604.03	▲ 118,954.39	854.23	1,182.48	▲ 328.24

What we discard can become our hope.



## More information on Community Solidarity

### Hempstead Food Share

**When:** Every Sunday @ 2:00pm

**Where:** Hempstead Train Station, W. Columbia St.  
& Station Plaza. Hempstead NY 11550

### Coram Food Share

**When:** Every Monday @ 5:30pm

**Where:** Mill Rd.  
Coram, NY 11727

### Huntington Food Share

**When:** Every Tuesday @ 7pm

**Where:** E. 6th St. & Fairground Ave. Huntington NY  
11743

### Farmingville Food Share

**When:** Every Thursday @ 7pm

**Where:** Horseblock Rd & Granny Rd Farmingville  
NY 11738

### Wyandanch Food Share

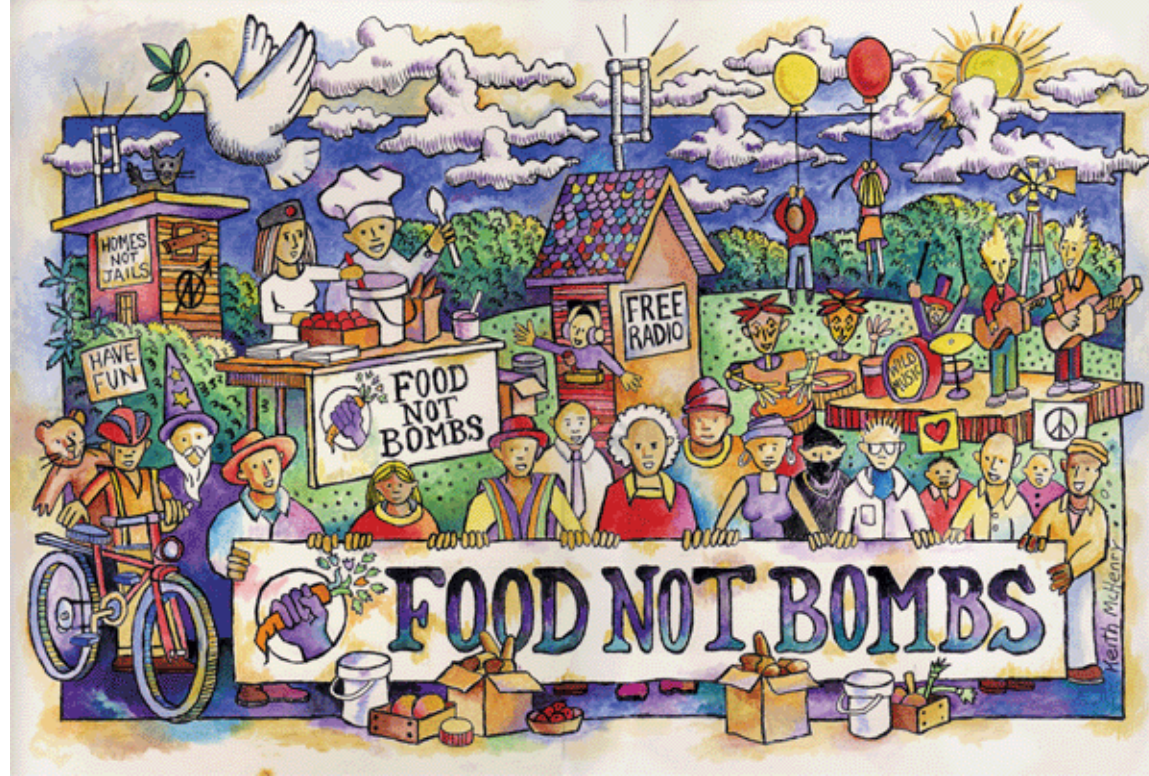
**When:** Every Saturday @ Noon

**Where:** Outside the MLK Health Center on Straight  
Path

### Bed-Stuy Food Share

**When:** Every Saturday @ 3:00pm

**Where:** Von King Park, Lafayette & Marcy Ave  
Brooklyn NY 11216



### Contact Information:

Online: [www.communitysolidarity.org](http://www.communitysolidarity.org)

Email: [info@communitysolidarity.org](mailto:info@communitysolidarity.org)

24/7 Hotline: 631.223.4370

Newsletter: [communitysolidarity.org/signup](http://communitysolidarity.org/signup)

Twitter: @[LongIslandFNB](https://twitter.com/LongIslandFNB)

**\*Food is a Right, Not a Privilege!**