

THE HUNGER PROJECT

Would you become our client for one week to learn what it is like to receive food assistance?



During October, a handful of local families and individuals did. They anonymously attended a Mobile Food Bank Distribution and received one week's worth of groceries to feed themselves and their families. Each participant kept a journal detailing their feelings, struggles, family discussions, and more.

Welcome to The Hunger Project

The Hunger Project was launched in October of 2010 in the spirit of Hunger Awareness Month. With this project we hope to generate community discussion about what so many families are coming to terms with as a result of the ongoing recession. Our goal was to explore what happens when someone realizes they must ask for help in order to feed their family.

The Intent: To educate and inform our community about the psychological, social, emotional and economic effects that food insecurity has on individuals and families in Blaine County.



The Project: The Hunger Coalition invited a number of families in the Wood River Valley to participate in this project by placing themselves in the position of a food recipient for a period of one week. A member of the family, in some cases the entire family, anonymously attended one of the Mobile Food Bank distributions to experience what it feels like to ask for help. At no time did the participants reveal themselves to staff or volunteers that they were participating in this project. In addition to the food provided by The Hunger Coalition, each family was able to choose up to 12 items from their existing pantry/refrigerator and access a small stipend to use at the grocery store (around \$25 for the week). Throughout the course of the week, each family answered a series of questions in journal form.

The Response: Each of the attached journals present the real life experience of a person, and their family members, as a participant in The Hunger Project. These journals are private and cannot be used, quoted, or duplicated in any way without the express written permission of the original author.

"It makes me sad to think of all the families out there who do not have choices and their kids are growing up on this not always so healthy food." C. Huss [Read More](#)

"We are a very busy family and planning out meals like this and cooking everything from scratch put a lot of strain on our limited time." J. Touhy [Read More](#)



"Suffice to say I survived my week, found my belly sufficiently full all week, gained new perspectives on life and the food line, gained a tremendous amount of respect for the valley's volunteers and donors, and perhaps most of all gained a deeper appreciation for the many meanings of food." C. McAvoy

"My first feeling was, 'Wow, there really are people who need free food' and my second feeling was, 'I need to give more.' Sadness that this economy is affecting those who are hard working, respectable people who don't deserve poverty." J. Johaningmeir

THE HUNGER PROJECT PUBLIC FORUM

A frank and open public discussion about the issue of hunger in our community is being sponsored by The Hunger Coalition.

Wednesday, November 17th

Light on the Mountains Spiritual Center 6 - 7 pm

12466 Hwy 75 North of Gimlet Rd

A special article will appear in the November 17 issue of the Idaho Mountain Express written by journalist/participant, Dana Plasse.

For more information, please call 788-0121. Your participation is encouraged. All community members and their opinions welcome.