Food Insecurity in Our Community
Food Insecurity = the lack of access to affordable nutrition

What does Our Church say?
“One human family, food for all. The scandal of the millions of people who suffer from hunger should not paralyze us, but rather move us to act — everyone, individuals, families, communities, institutions, governments — to eliminate this injustice. Jesus’ Gospel shows us the way: trusting in the Father’s providence and sharing our daily bread without wasting it.” – Pope Francis

What does our local community say?
Every community is home to people who struggle with hunger. Mental illness, job loss, underemployment, medical conditions/bills, and lack of transportation are just a few of the circumstances that may lead to food insecurity. For some students, school lunch may be their only meal each weekday. It’s estimated one in six children in our area are food insecure. Seniors may be unable to travel to local meal sites regularly. Approximately one in eight seniors in the Cedar Rapids area are food insecure. People with unplanned financial hardships may also experience food insecurity. One in eight residents in Linn County are food insecure.

What Can I Do?
With stewardship sign up just around the corner there are many ways to get involved through St. Pius X.

Become part of a St Pius X team serving meals at:
Green Square Meals

Sign up to help provide a meal monthly for:
Catholic Worker House or Willis Dady Homeless Shelter

These organizations can use volunteers, food and financial donations.

- Metro Catholic Outreach-420 6th St. SE, 319-739-5490, info@metrocatholicoutreach.org
  - With the assistance of 4600 volunteer hours, the MCO food pantry served 20,589 in 2019
- St. Vincent de Paul-928 7th St SE, (319) 365-5091, www.crsvdp.org

There are many other organizations in the area dedicated to alleviating food insecurity including:
- Local schools backpack meals programs (students take home food for the weekend)
- Over 20 food pantries provide food baskets, usually once/month, for clients who are food insecure
- HACAP Food Reservoir (food bank) provides inexpensive or free food to schools, pantries, & meal programs
- Matthew 25 Groundswell Café serves breakfast & lunch daily. You have the option to “pay it forward” to cover another person’s meal

Seek out ways to get involved instead of watching from the sideline or assuming someone else will be there to fill the gaps. You will be rewarded through the unique experiences of interacting with those involved or simply educating yourself on the unique circumstances of those you help. Try different opportunities to find which one is the best fit for you

God challenges us to commit to a lifestyle - and a lifetime - of mercy.
To have mercy is to give mercy. And to give mercy is to empty oneself out to make room for the love of one another.