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1985

PUBLIC HEARING  
before  
NEW JERSEY COMMISSION ON HUNGER  
SUBCOMMITTEE ON PUBLIC COMMENT  
on  
PROGRAMS TO COMBAT HUNGER

March 13, 1985  
Medical Education Building  
Lecture Room 102  
Middlesex Hospital  
New Brunswick, New Jersey

MEMBERS OF COMMISSION PRESENT:

Terry Grove, Subcommittee Chairman  
Assemblyman David C. Schwartz  
Donna Cohen Ross  
Joseph S. Ford  
Leslie Smith

New Jersey State Library

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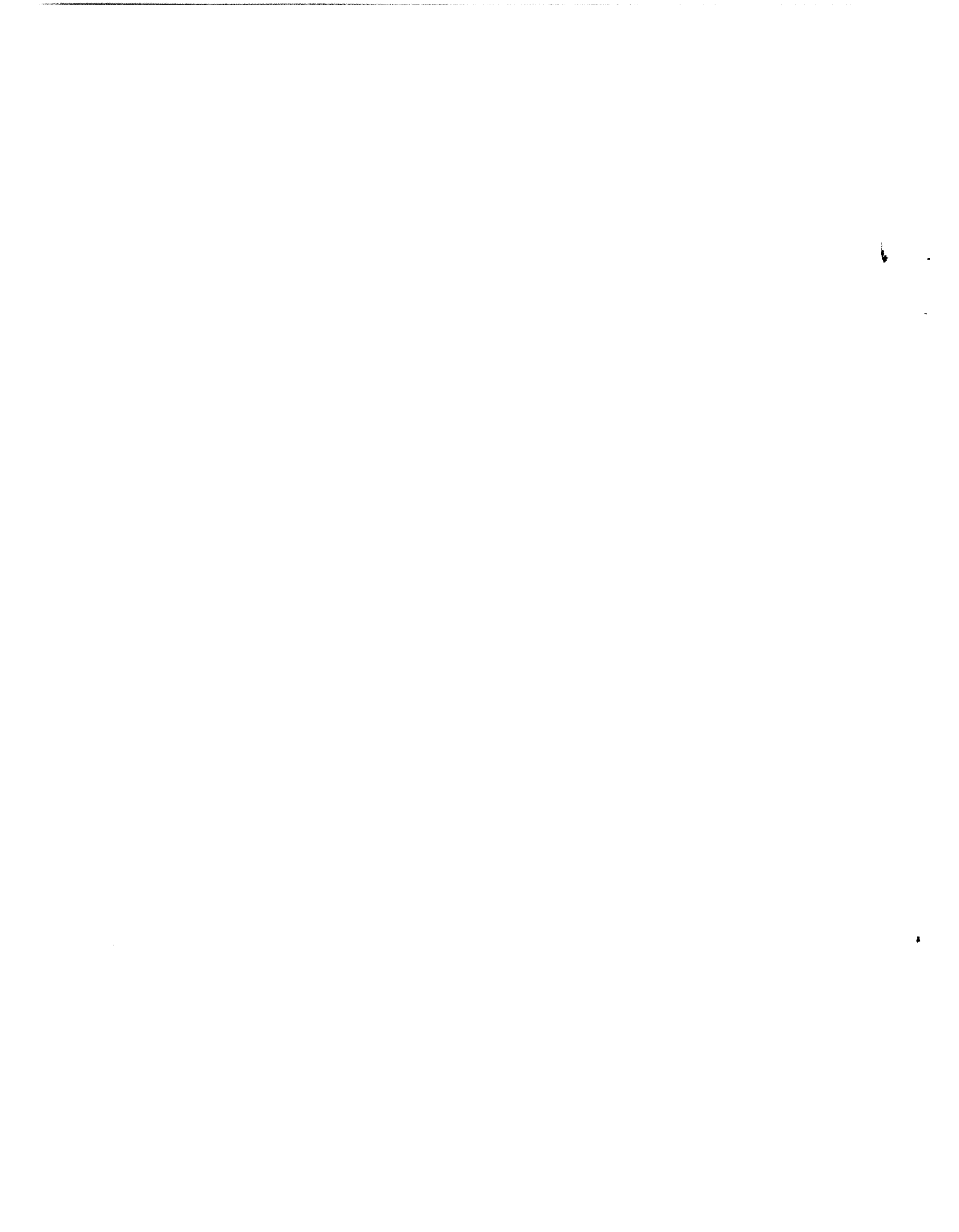
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## TABLE OF CONTENTS

	<u>Page</u>
Joan Montuori, President Middlesex County Foster Parents Association	2
Charlotte Barney Aide/Coordinator Nutrition Education Program New Brunswick, New Jersey	6
Lynnette Mensah Home Economist Nutrition Education Program New Brunswick, New Jersey	9
Helene Wolf YWCA of Central New Jersey	9
Phyllis Schnall Supervisor of Volunteers Division of Youth and Family Services New Jersey Department of Human Services	13
Marie Scannell, Director Somerset County Food Bank Network Bound Brook, New Jersey	19
Seth Grossman City of Trenton Department of Health and Human Services	23
Linda Jay Program Supervisor New Brunswick Office of Catholic Charities	31
Cathy Cuffee Farm Project Emergency Food Program Trenton, New Jersey	35
Catherine Ambos, President New Brunswick Episcopal Urban Work Committee	42
Angel Rivera Checkmate, Incorporated	45

TABLE OF CONTENTS (continued)

	<u>Page</u>
Miki Kellum, Director Lunch on the House of God	50
Mark Williams Student, The Open Door	55
Renee Tucker Student, The Open Door	57
Ivory Braswell The Ebenezer Senior Citizens Club	57
Reverend Robert S. Turton, III American Rescue Workers	60
Judith L. Miller, Chairperson Maternal Child Health Division New Jersey State Nurses Association	66
Sister Estelle Bobrowski Administrative Director/Executive Secretary Mount Carmel Guild of Trenton	71
Judith B. Mosley Good Samaritan Shelter Somerville, New Jersey	77
Seth Grodofsky Restaurant Worker	82
John Tarpey Newspaperman	84
Anita Hoynes, Director Dunellen Area FISH, Inc.	85
<b>APPENDIX</b>	
A Fact Sheet Nutrition Education Program submitted by Charlotte Barney	1x
Letter to Assemblyman David C. Schwartz from Jeanmarie Tait, South Amboy, New Jersey	5x

TABLE OF CONTENTS (continued)

	<u>Page</u>
"Good Food Free" and other materials submitted by Marie Scannell	6x
"Stay in the City and Wait: A Report of the New Brunswick Episcopal Urban Work Committee on the Open Hearing for the Unheard" submitted by Catherine Ambos	48x
Statement submitted by Sister Estelle Bobrowski	68x
Statement submitted by Beverly Mills, Director Trenton Area Soup Kitchen	70x

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**TERRY GROVE:** My name is Terry Grove. I am the Chairman of the hearings' group for the New Jersey Commission on Hunger. The New Jersey Commission on Hunger was established by the Legislature and the Executive Branch of the New Jersey State government for the purpose of looking into the problem of hunger as it exists in New Jersey. We have an 18-month-long life as a Commission, and we are to report our findings and recommendations to the Legislature in January, 1986.

The reason we have called public hearings is to make sure that we, as a Commission of 26 to 30 people, do not just simply operate from what we know and understand from our own personal experiences, but that we have an opportunity to hear from people throughout New Jersey who can tell us what their experiences have been so we will have that data as part of our discussion.

The hearings are public hearings; they are open to all people who wish to come to share their thoughts with us. The way we want to conduct the hearings is to give you the opportunity to speak to us for 10 minutes. We will try to keep track of the time and we will stop you at the end of the 10 minutes. The panel who is here representing the New Jersey Commission on Hunger will then have an opportunity to ask questions for about five minutes. Our hope is to be able to have at least four people speak to us during an hour's time. We have invited you to either write or call to make a reservation, as it were, to speak. We have a list of those people for this afternoon and this evening. If you have just come to join us and you did not call or write in advance, if you will give your name to this young lady standing over here -- Margaret Hart -- we will try to work you into the schedule as we have time.

We will be here from two o'clock to five o'clock this afternoon, and then we will be back from six-thirty to eight-thirty this evening. We will probably try to take a break on the hour for five minutes so the Commissioners will have an opportunity to stand up, move around, and get the blood circulating. Then we will come back and start again.

Those are the procedures we would like to use. Again, my name is Terry Grove. On my left is Leslie Smith, one of our

Commissioners. She works for the Center for Food Action in Englewood, in the Bergen County area. On Leslie's left is Donna Ross, who is also a member of the Commission. She works with the Head Start Program in Newark. There are Commissioners throughout the room as well, along with many who have decided to come to give testimony.

When you come forward to give your testimony, we would like you to give your name, spell your name, give the name of the organization you represent, and your title. Then be seated at the table here. The two women on my right are from the Office of Legislative Services and they are here to make sure that we record every word that is said. Those words will all be put on paper and then made available to the Commission so we can be sure we got precisely what you said and can document it accurately. That is why we need to have your name, and that is why we need to have you spell your name, so we will be sure we know who is speaking. We thank the ladies from OLS for being here and making that possible for us. It is a very important service to us and to the State. We really appreciate them spending their time with us today.

The first person we would like to hear from is Joan Montuori. Joan?

**JOAN MONTUORI:** My name is Joan Montuori. I am President of the Middlesex County Foster Parents Association. However, I am here today on a personal manner. I am here to tell you about my experiences trying to care for three abandoned children. I realize that the Commission is not in a position to intervene, but I am hoping that explaining my problem will help someone else in the same predicament.

Last June, my former foster daughter, Patty, and her children were evicted from their New York apartment. Shortly afterward, she dropped the children off at my house until she could get another apartment, or so she said. This was not unusual, since I had the children for periodic visits through the years, especially in times of crisis. Five years ago, Patty dropped off her newborn, premature twin girls when they were able to leave the hospital. Four months later, Patty took the healthy baby home and I have raised Julia, the sicker infant, since that time. It took a long time before she was covered by foster care and medical assistance.

Last June, when Patty asked me to care for three of her children, I told her I couldn't afford to keep them without some financial support, and I suggested she put the children in foster care. This is where we ran into problems. When we applied for assistance in New Jersey, we were told that these children were New York children. I contacted New York and was told that they couldn't help the children because they were in New Jersey.

In July I took the children to New York, only to be told to take the children back to New Jersey and that I would receive help from New Jersey. It never came. By November, still without any help to feed or clothe the children, I was desperate. My only income as a widow is a Social Security check I receive for my minor son and a foster parent payment check from New York for Julia. I was forced to send the two older children back to New York under the care of their father, who is not really able to take care of them. I had hoped that he would be able to get some assistance for them under the Foster Care Program, but that failed too.

Today I am caring for Julia and her twin sister, although I receive assistance only for Julia. The two older children, seven and eight, are still in New York and have not attended school since June, 1984. The children's parents are divorced, and as the father is remarried, has other children, and lives in a small, one-bedroom apartment, he is not able to keep the children with him. He had the seven-year-old boy living with one family and the eight-year-old girl living with another family.

To make a long story short, one of the children contacted scabies; one was sexually abused and had to go to the hospital; and, one was whipped with a leather belt which left welts and bruises from her shoulders to her knees. All of this occurred while the children were in New York. During this whole time I have tried everything, and I have gone everywhere I could think of for help, but I could get no one to assist me. The only people who came to my aid were those of the FISH organization. They brought food and clothing for the children.

I honestly feel that if some agency had helped us, the things the children had to go through might not have happened. Most places

told me that they could not help me because they were New York children. I asked, "When do they stop being New York children?" If they had been in the Foster Care Program, I could have enrolled them in school, had extra money for food and clothing, and obtained medical coverage for them. Also, their visits away from my home would have been supervised. My case is not unique. This is happening all over.

Another reason I could not receive help was, I am a grandmother who is not related. What difference does it make if you are a blood relative or not, as long as you are willing to take on the responsibility of raising children? As the President of the Middlesex County Foster Parent Association, I also support the movement to provide food stamps for foster children. The board rates are quite low, but they are everything compared to nothing. They could mean the difference between eating and not eating.

If you are left confused by all of this, as it stands now I am caring for both of the five-year-old twin girls in my home, and the two older children are still in New York waiting. Every week they call me asking when they can come home. I am here to testify not only to help other abandoned children in general, but also in the hope that someone, somewhere, who hears my story can help me to finally get this family together again. Thank you.

MR. GROVE: Thank you, Joan. Is it possible for you to leave your written testimony?

MS. MONTUORI: Yes.

MR. GROVE: If anyone else has written testimony, please leave it with the women from the Office of Legislative Services. That will help them in their transcription. Are there any questions?

MS. ROSS: I have something I would like you to clarify.

MS. MONTUORI: Yes?

MS. ROSS: Is my understanding correct that food stamps are not available for foster parents taking care of foster children?

MS. MONTUORI: You are correct; food stamps are not available. They will be provided if the family is on some kind of public assistance, but if it is just an average family, no, the children do not get them, and the board rates are quite low. We are

not paid for taking care of the children. We take care of the children on our own. We are given a small amount for their room and board. We are not paid for taking care of them, and we do not get food stamps.

MS. SMITH: So, the children are not considered part of your related household then?

MS. MONTUORI: No. They are allowed to have a free lunch because they are a family of one, or two, or three, or four.

MS. SMITH: Now, you said the emergency food you received was provided by FISH.

MS. MONTUORI: Yes. I want to thank them because they were the only people who really helped us.

MS. SMITH: How did you find out about that organization?

MS. MONTUORI: I had known about FISH because I belong to an association that makes a small donation at Christmas time. So, I was aware of FISH. When I called for sneakers -- the children had no shoes -- they brought us bags of food and bags of clothing for the children because I explained that they had come in just little summer clothes. They had been put out in the street with no belongings. That is the way I got them.

MS. SMITH: You said the children have not attended school.

MS. MONTUORI: They have not because up until November I was not able to put them in school; I was no one. I went to court in July to get custody of the children, which then gave me the chance to put them in school, but without some financial assistance, I could not feed them.

MS. SMITH: When they were in school, were they getting any kind of a reduced price lunch or whatever was available at school?

MS. MONTUORI: I didn't have them in school because I got the children in June. But, you know, the mother was on public assistance and they were getting food in school, yes.

MS. SMITH: Okay, thank you.

MR. GROVE: Are there any further questions? (negative response) Thank you very much, Joan.

MS. MONTUORI: Thank you.

MR. GROVE: Please leave your testimony with the ladies.

MS. MONTUORI: Surely.

MR. GROVE: I would like to introduce another Commissioner who has joined us. His name is Joseph Ford. He represents Bread for the World. Welcome, Joe.

MR. FORD: Thank you, Terry.

MR. GROVE: The next person to testify will be Ivory Braswell. Ivory, are you here? (no response) Okay, then we will call Charlotte Barney.

**CHARLOTTE BARNEY:** My name is Charlotte Barney. I am an Aide/Coordinator for the Nutrition Education Program in New Brunswick. I am speaking on behalf of the needs of the hungry in New Jersey, the Nutrition Education Program, and those needy New Jersey residents benefiting from the Program.

The Nutrition Education Program is an educational program under the New Jersey Cooperative Extension Service and Rutgers, the State University of New Jersey. It is designed to teach food and nutrition basics to needy residents. It helps families and youth at or below the poverty level to improve living skills, including planning nutritious meals, stretching their food dollars, and making the most of the resources available to them. Results would be in the form of more nutritionally sound diets for the total family.

Rutgers Community Assistants, employees who are themselves residents of the community in which they work, teach homemakers and youth enrolled in the Program. Under the direction of the Foods/Nutrition Education Program Leader and the supervision of a county Extension Home Economist, training and educational seminars or in-services are conducted for RCAs and volunteers on a regular basis. Regular teaching visits are made to the homes of homemakers with nutrition lessons tailored to their individual needs. Participants also learn of local resources and other Federal nutrition programs available to them.

The extent of hunger and malnutrition in New Jersey, as well as in the country, will not go away. Emphasis needs to be placed on teaching families to maximize available resources to meet nutritional needs. With food costs increasing, making food last throughout the month on a set budget is a task difficult even for those of us who know

how. Homemakers and youth participants in our Program learn by doing: by planning nutritious meals that stay within a food stamp allotted budget; by using low-cost substitutes or government subsidized food items more resourcefully in meals that they plan; by clipping coupons and using them; and, by preparing foods in ways that help them retain their nutritive value. Knowledge of nutrition, menu planning, and meal preparation all have a positive dietary impact.

Numerous homemakers in our Program have commented that without the help and information provided by the Nutrition Education Program, they would not be able to make ends meet and feed their families as well as they do now. Knowledge gained by youth participants in the Program has been passed along to other family members, helping to increase their awareness of fundamental concepts in food and nutrition. All families enrolled in our Program are living at or below the poverty level. They are faced with multiple cutbacks, including welfare, food assistance, and employment training opportunities. They are families who, without the opportunity to learn to improve their overall nutritional status, will stay among the ranks of the hungry in New Jersey. The Nutrition Education Program is a viable means of addressing the problem of the hungry in New Jersey.

In Middlesex County, the Nutrition Education Program has been active and is working closely with other community agencies such as WIC, welfare, Catholic Charities in Perth Amboy, and The Morrow Project of New Brunswick, as well as with youth agencies such as the Police Athletic League, known to us as PAL, and various summer youth camps. Last year, over 200 families in Perth Amboy and New Brunswick benefited from the Program. Approximately 56% of these families participated in the Food Stamp Program, 10% benefited from the WIC Program, and over 60% benefited from the Child Nutrition Program. All enrolled homemakers are encouraged to participate in Federal, State, and local programs for which they qualify.

As a Rutgers Community Assistant working daily with homemakers who are faced with the problem of trying to feed a family, I know that the need for food and nutrition education is undeniable. A grass-roots educational approach to nutrition information for those who

feel the pangs of hunger is being provided by the Nutrition Education Program under the Cooperative Extension Service of New Jersey.

This Program provides a service to the needy citizens of New Jersey that would be difficult to find, replace, duplicate, or surpass. As decisions and recommendations are being made to tackle the problem of hunger in New Jersey, it is essential that focus be placed on the continuation of the Nutrition Education Program in New Jersey.

MR. GROVE: Are there any questions for Ms. Barney?

MS. SMITH: Yes. Is your Program under threat of being cut?

MS. BARNEY: Yes, it is.

MS. SMITH: Do you have any idea what the potential cutback might be? Have you been told?

MS. BARNEY: No, I have not been told.

MS. SMITH: So you feel that if this Program is substantially cut, there is going to be a major impact on those low-income families?

MS. BARNEY: Yes, I do.

MS. SMITH: Okay, thank you.

MR. ROSS: Can you tell us-- You mentioned how many of the families you work with are participating in various food assistance programs and you mentioned that with the nutrition education they are provided, they can use the resources they have more effectively. But, even so, do you still find that families are running out of food at the end of the month or having other problems? I am wondering if there is still that sort of problem that you see day to day.

MS. BARNEY: We get referrals from welfare, and the homemakers who are not in our Program are running out of food stamps. The homemakers we have in the Nutrition Education Program have learned to budget their food stamps, and there is no problem. Before they came into our Program there was a problem with them budgeting their food stamps.

MS. ROSS: Okay, thank you.

MS. BARNEY: You're welcome.

MS. SMITH: Just as a point of clarification, is your funding State funding or Federal funding?

MS. BARNEY: It's Federal funding.

MS. SMITH: Any State funding at all, that you know of?

MS. BARNEY: (witness consults with an associate in the audience)

**LYNNETTE MENSAH:** My name is Lynnette Mensah. I am a Home Economist with the Nutrition Education Program. It is federally funded, but there are also State and local funds involved as well.

MS. SMITH: Are those funds also in jeopardy?

MS. MENSAH: Not as much as the Federal funds.

MS. SMITH: Thank you.

MR. GROVE: Thank you both. Are there any other questions?  
(negative response) Thank you very much.

MS. BARNEY: Thank you.

MR. GROVE: One of the things we want to make clear about what the Commission can and cannot do is -- and I did not do this at the beginning of the hearing -- we are here to hear testimony. We are not an action committee in the sense that we can take anything that is being presented to us today and solve a problem. We hope that our impact will solve lots of problems in the future, but in terms of immediate response, we simply cannot do that. We can only take testimony and then pass it along appropriately. I wanted to say that so as the day goes along we will not have mixed expectations about what can happen out of this Commission.

Is Helene Wolf here? (affirmative response) Helene, what we are asking you to do is spell your name, identify yourself, and tell us who you are with.

**HELENE WOLF:** I am representing the YWCA of Central New Jersey, which is the grantee of the Nutrition Project for the Elderly of Middlesex County. I am here to describe what the program is doing in Middlesex County.

The Project is now in its twelfth year, and we have served, as of 1984, 160,000 meals to the elderly, elderly as described as 60 or over. We have eight sites in Middlesex County, and we are funded through Title III, the Older Americans Act. That is 85% of our funding. Donations and volunteer services are the other 15% of our funding.

Our funds have remained static; our needs have increased over the years. We serve both at congregate sites and, also, meals are delivered to those who need them in their homes. The need for meals in the home has increased substantially and we are not able to meet those needs. The object of the program is to keep the elderly independent. Although a lot of them are hungry and are satisfying their hunger with cake, cookies, and crackers so that their bellies are full, their nutritional needs or the real hunger is not met. Our program is so designed and so administered that they get their nutritional requirements, at least one-third of them, through the one meal a day.

We bring in people who need food; we deliver the meals to those who need them; and, we serve at the congregate sites. This is a little description of what we are doing. Are there any questions?

MS. SMITH: Are there any sites which are open on weekends?

MS. WOLF: Yes, the site in New Brunswick.

MS. SMITH: Do you find that helpful?

MS. WOLF: Yes.

MS. SMITH: What happens to some of the elderly if, in fact, there isn't a site that is open on the weekends?

MS. WOLF: Well, most of us see our clients five days a week. We pretty much know those who are absolutely out of funds and do not have food. So, on Fridays we pack lunches and send them home as first meals for those who are in desperate need over the weekend, those who cannot get to New Brunswick.

MS. SMITH: Do you find that the elderly you deal with are willing to let their needs be known to people?

MS. WOLF: That is hard to say. I deal particularly in Highland Park. I see 100 elderly a day. There may be 17,000 elderly in Highland Park. There are a great many living in senior housing who do not come. I deliver meals to those who cannot get out. Because we know about them, we have an accountability there, and we have a staff who sees them. We go door-to-door to try to find the needy; we do it by word-of-mouth; we do it by sending a friend in to see them; and, we try to get them out. We work with the agencies which know of the hungry, but we still can't reach some of them. They will not make their needs known.

Sometimes they talk about the figures at the poverty level. Most of our clients live on Social Security plus a few dollars more, and yet they don't consider themselves needy. They have pride, and we try to keep the atmosphere, the setting of the meals, the programming that goes with the meals, as well as the food itself, something to allow them to keep their pride and to keep the dignity of humanness.

I have been with the program for 10 years and it has been one of the most worthwhile experiences I have ever had.

MR. GROVE: Is your funding in jeopardy?

MS. WOLF: Not as far as I know. I am just describing what is here in the County, what is available to the elderly. We don't have as much money as we need because, naturally, there are more and more elderly people, more and more people who have less and less funds. So, our needs increase, but the funding that is there now, as we know it, is still in place.

MR. GROVE: Is that Federal funding or State funding?

MS. WOLF: It's Federal funding, under the Older Americans Act, Title III.

MR. GROVE: Okay. Are there any other questions? Donna?

MS. ROSS: I have two quick questions. You described some of your outreach efforts, and I am wondering if outreach is a function that is included in your funding.

MS. WOLF: Yes.

MS. ROSS: It is. And, also, I am wondering if you can give an estimate of about how many people you see every day who require special diets because of physical conditions? How do you provide for that?

MS. WOLF: We have four diets. We have the regular diet, we have a salt-free diet, we have a low cholesterol diet, and we have a diabetic diet. And, of course, we have a dietitian, a nutritionist who works with us. She prepares State-approved menus. Regarding the number, I would say that 10% need a specialized diet, because in our regular program of cooking, we are not allowed to add sugar, salt, or oils. We have two kitchens.

MS. ROSS: Thank you.

MR. GROVE: Are there any other questions?

MS. SMITH: Just one quick one. Ms. Wolf, you might not know the answer, but how many of the people who come to your sites, to your knowledge, are participating in the Food Stamp Program? Do you have any idea?

MS. WOLF: Yes. I know at my site I have five.

MS. SMITH: Five out of 100?

MS. WOLF: Yes, five out of 100, right.

MS. SMITH: Is that because those are all who would be eligible, or because those are all who are willing to go?

MS. WOLF: All those willing to go.

MS. SMITH: Thank you.

MS. WOLF: We have a problem -- well, not a problem, but there is a great deal of pride among the elderly.

MS. SMITH: Thank you.

MR. GROVE: Thank you, Ms. Wolf. I am going to take the opportunity at this moment to read into the record a letter that was received at Assemblyman David Schwartz's office in response to this hearing. I will then pass the letter along to the hearing reporters, because I would like it to be a matter of public record:

"Dear Assemblyman David Schwartz, You have asked about hunger. I personally live in Old Bridge Township, where several sections are a majority of the financially lower-class people. Anyone with a child or children to support who is making under \$12,000 a year is definitely feeling hunger pains.

"I am a single parent with one child to support, and after I am done paying the rent, the electric, and the phone bill, there is virtually nothing left. I live on the tightest of budgets even a strict disciplinarian would find it hard to follow.

"I receive food stamps which only go towards wholesome foods. I do not buy candy, cookies, gum, soda, snacks, or ice cream. I do not buy any paper or plastic products, such as garbage bags or paper plates. One exception is toilet paper.

"Every week I faithfully check the supermarket sale papers and combine sale items with coupons to get the best and lowest prices available. I do not buy prepared meals, such as T.V. dinners. I cook

everything from scratch. I never buy cigarettes, alcohol, or coffee. Thank God, I have no vices.

"In conjunction with my strict food budget, I don't have a newspaper delivered, I walk to the store whenever possible, I make no toll calls on my phone unless absolutely necessary, lights are turned off immediately when no longer needed, all glass and aluminum containers are recycled for cash, our clothes are taken very good care of, and are repaired when needed to provide that extra mile of wear. Now that summer is approaching, a vegetable garden will be planted, and even with all of the above and many more things not mentioned, by the last week of the month my food stamps and cash are long gone. Many of those last-week meals are meatless.

"When I first read your questions on hunger, I thought of all the large food corporations that are making millions of dollars in profits and how the average family depends on them to provide food. We, as a group, no longer have a choice to buy or to raise our own food. Regardless of how high prices go, we all need food to survive. I don't think food should be a free enterprise to capitalize on.

"I think the fact that I know how to plan and prepare good, economical meals has given my family the surviving edge over hunger. Now, if only prices were a little lower, I'd make it through the whole month." The letter was written by Jeanmarie Tait.

Is Ivory Braswell here yet? (no response) Then we will move on to Phyllis Schnall. After Phyllis' testimony has been given, we will take a break at three o'clock. We will come back about 3:05.

Welcome, Phyllis.

**PHYLLIS SCHNALL:** I am a State employee. I work for the State Division of Youth and Family Services in the position of Supervisor of Volunteers. I am here in the capacity of administrator of one of the volunteer programs we operate out of my office. It is the Emergency Food Bank Network of Ocean County. This is a volunteer program that was initiated through the help of volunteers, with me providing guidance and direction.

Ocean County is a very large geographic area; it is far-flung. Shortly after I started to work at our agency, it was made

clear to me that social workers were experiencing a problem with food for clients in emergency circumstances. The social workers were hard-pressed to locate emergency food supplies, so this was proposed to me as a project. We did some research; we contacted Leslie Smith's organization; and, I had some very conscientious volunteers who worked with me to design what we currently have, which is a network. The reason for the network is because of the size of the County. One central site for storage was really inappropriate. People who live in the southern part of Ocean County would have a tremendous distance to travel in order to get emergency food stuffs.

The volunteers and I built on the traditional concept that churches and synagogues have always been the source of emergency food in the past. They have been doing it independently in their own little niche. What we decided to do was link all of the churches and synagogues that would agree to participate with us into a centrally located network.

We currently have 25 such sites. We call them pantries. They are closets, little anterooms, or whatever, where emergency food is stored. We have arrangements with each of the sites whereby there are volunteers who are available to be called to go to the church or synagogue, or community organization, if that is the case, to put together an emergency package which is designed by size of household to provide three days' worth of emergency food. It is basic, staple, nonperishable items for the most part. Some of our pantries do have storage for refrigerator type food, but that is not in the design of the package. We also include with the package some literature, some menu ideas, and some ways to put the food together so as to make a more interesting meal.

My office has a roster of volunteers who man the phone between the hours of nine and five, and ours is the central calling place for the needs. The calls come into the office; they are recorded by the volunteer, who then initiates a contact with the most appropriate pantry, depending upon where the person who needs the food lives. The pantry is contacted, the arrangements are made, and then the client is advised where he or she is to pick up the food.

Almost all of our calls come through social service agencies, predominantly the Board of Social Services, the social workers from my agency, local municipal welfare directors, and community organizations which learn about people who have needs. Churches also frequently call us, or clergymen call us when they learn of people who have needs. Occasionally, we get calls from individuals. If they do not seem to fit into any social welfare system, we will just provide them with a package. However, we try to give them additional information, at least the volunteers are primed to do that, to guide them into perhaps considering applying for food stamps if they are not aware of that program, or other such programs -- Home Energy Assistance, and things of that nature.

The program was actually put into operation in March, 1980, and we did it with our fingers and toes crossed because we were not sure we were going to be able to accommodate the needs. We kept a very low profile in the beginning because I was concerned that we would be inundated with requests, but we subsequently learned that the more publicity we received, the more food was donated.

Oh, I neglected to mention that all of the food is donated, by both the churches and synagogues that operate as pantries and by some 35 other organizations, churches, civil associations, groups of people, Boy Scouts, and Girl Scouts in the County who periodically collect food and donate it to us. We distribute and deliver it to our various pantries.

We have also been the recipients of Federal giveaways, the commodities that the Federal government has made available recently. We get them through the Newark Community Food Bank. That is also a source of other food for us. We have received a great many money donations, and we use that money to purchase food when we need to replenish pantries that have gone dry and we have not received donated food. We try to spend most of the money through the Second Harvest operation because that -- as I believe you know -- is a way of getting very inexpensive food. That food is donated by wholesalers and manufacturers and we only pay an overhead cost for the food, approximately 10 cents a pound.

We keep statistics and we provide Leslie with those statistics monthly. I just brought a little bit of information on the numbers because I think it is rather interesting in terms of the increase of our needs. As I said, we went into effect in March, 1980, so that was a short year, March to December, 1980. We received 407 requests during that period, which translated into 1,510 people who were given a three-day food package.

In 1981, there were 595 requests, representing 2,038 people. In 1982, there were 995 requests, representing 3,512 people. In 1983, there were 1,732 requests, representing 6,164 people, and in 1983 we decided to tally out the number of children who were part of those households. Of the 6,164 people, 3,578 were children. In 1984, there were 1,967 requests, representing 6,437 people, of which 3,789 were children. In January and February, we received record-breaking requests toppling those we received in the past. So, I see nothing but increasing demands on the system.

The kinds of reasons that people give for needing this emergency food-- Understand, this is intended to be used in an emergency; it is not an ongoing food program, or an ongoing feeding program, I should say. We have a maximum five-package-per-calendar-year arbitrary designation, and we deviate when we think we need to. This is not mandated by anyone, so we can move the rules as we see fit. As I say, the kinds of reasons we are given are: food stamps lost or stolen -- these are the main reasons; there are many diverse reasons, but I just extracted the more common ones -- insufficient welfare grant or insufficient food stamps; unemployed and ineligible for food stamps; working, ran short, paying back bills; and applied for welfare or food stamps and pending because of the delay in the processing. As of late, we have been receiving information about the monthly status reporting problem, which is a horrendous situation and causes undue aggravation. We are also getting an increase in spouse left household or domestic violence situations, with the female usually pending welfare.

I would be happy to answer any questions you may have.

MR. GROVE: Are there any questions?

MS. ROSS: I think that the information you collect is very important. I'm wondering, in terms of some of these reasons -- not to be shared now in the interest of time -- but do you have something to substantiate how many people fall into--

MS. SCHNALL: (interrupting) I give Leslie the number of people in each of these categories every month.

MS. ROSS: Yes. I'm curious as to-- One of the reasons you mentioned was people being unemployed and ineligible for food assistance. How common would you say that is?

MS. SCHNALL: I won't say it is the highest number. The highest number is definitely people applying for food stamps or welfare and waiting through the interval.

MS. SMITH: When people come to the pantries because their grants are inadequate, meaning that the welfare check doesn't last the entire month, or the food stamps don't last the entire month, for what period of time, in your experience, do the money or the food stamps last? Is it to the last day, is it to the last week?

MS. SCHNALL: The last week of the month is heavy, and the beginning week of the month is heavy because checks don't arrive, there is a snafu in the mail, or there was a mess-up in the processing so people did not get what they expected to come on the first of the month, and they have obviously budgeted themselves because of necessity.

MS. SMITH: Are you seeing more working people in need of emergency food?

MS. SCHNALL: No, I'm not. I'm not sure whether that is because of lack of visibility of the program or reluctance. I do get, and have spoken to, many people who have been just distraught at having to call. I have to make them feel comfortable with accepting food. I think the problem of the elderly is a terrible problem because I am sure there are a great many elderly out there who need the food and will not ask for it. They will not make their needs known.

MR. GROVE: How about the handicapped?

MS. SCHNALL: I can't say that that is a large number. We get occasional calls about people who are handicapped. Because their

needs are different, we have to make some arrangements to deliver to them. Generally we do not deliver. We usually expect the client to find some means of transportation. Because the sites are so well sprinkled throughout the County, they are not difficult to get to. But, we can make extraordinary arrangements.

MR. FORD: What is your assessment of the ethnic breakdown here? Would you say minorities are more influenced here in terms of their needs?

MS. SCHNALL: I can't say; I really do not think there is any greater preponderance of minority people than majority people, no. Ocean County has pockets of minorities, and those pockets are generally poverty pockets. So, I'm not sure that it necessarily reflects on the minority factor.

MR. GROVE: Thank you very much.

MS. SCHNALL: You're welcome.

MR. GROVE: We will take a five-minute recess and then come right back.

(RECESS)

#### **AFTER RECESS**

MR. GROVE: We would like to begin the second hour of this session. Phyllis Schnall had a piece of testimony that we want to read into the record. She was our last presenter. Leslie Smith will do that for her.

MS. SMITH: Phyllis just wanted me to read into the record that the program which she described gets no funding. It is an entirely volunteer-run operation. Phyllis works for the Division of Youth and Family Services, so consequently her salary is paid by the Division. However, the food gathering, food distributing, statistic collection, and whatever, are done by volunteers. There is no funding, so to speak, as we know funding, that operates that extraordinarily wide and expansive program. She wanted that to be made clear.

MR. GROVE: It should also be put into the record that the occasional reference to Leslie by Ms. Schnall was made to Leslie Smith, who is one of our Commissioners.

Our next speaker will be Marie Scannell. Marie, will you please give us your name, spell your name once you are seated, and then tell us who you are working with and what your title is. You will have 10 minutes to share your testimony with us. If you have written testimony, we would like you to turn it over to the women who are recording. We will then have an opportunity to ask you some questions.

**MARIE SCANNELL:** Okay. Thank you for having me here today. My name is Marie Scannell. I am the Director of the Somerset County Food Bank Network. We are housed in Bound Brook, New Jersey, in the Central Jersey Industrial Park. We were founded just about three years ago. We call ourselves a "network" because not only do we have three pantries operating weekly in Somerset County, but we use the food as a vehicle to assist people in other circumstances which we call hunger also, such as budget counseling, continuing education, child care, well baby clinics, and so on. We have access to a lot of organizations in the County that are able to help us.

We are a nonprofit organization. We rely solely on donations from private individuals. Our volunteers run the food banks every single Saturday. I am the only paid employee of this organization.

What I would like you to know is that prior to three years ago, no one wanted to believe or think about hunger in Somerset County. As you know, it is an affluent county, and a lot of very popular, famous people live there. What happened was a set of circumstances surrounding a kind, very old little lady who was making a choice between paying her utilities and buying her food. As a result, her utilities were shut off; her pipes broke; and, her house flooded. All sorts of things surrounded her. Conditions were horrible. Marguerite Chandler, the woman who founded our program, took this woman into her own home and decided it was time to call on the Kiwanis and any other men's group that was available to restore Mrs. Ortman's house.

At that time, Mrs. Ortman decided that no one in our community should have to make that choice after what happened to her. As a result, we opened a weekly food bank at her home, right in her living room. We gave a bag of food containing 12 staples to everyone who came in for the first time. The following week, all the applications that were filled out by the persons who received those bags of 12 staples, were reviewed by a committee which was made up of people from all the agencies in the County, the Board of Social Services, the FISH Program, myself, and the volunteers who work the pantries regularly. So, we do have access to information on people who are in question.

Our intended result is to provide a nutritionally balanced diet of 12 staple food items to families and individuals with an economic need. That is what we are all about. I do not want to go on for a long time. Please feel free to ask questions.

MS. SMITH: How do people find out about the food pantries?

MS. SCANNELL: Our major contributors are churches in Somerset County, and we have blurbs put in church bulletins. We send our information to all of the social service offices in the County -- there are three main buildings -- and all of the local welfare offices, and there are 21 of those. Of course, everyone in the County is now using us as a referral for anyone who is running out of food.

MS. SMITH: Can you give us an idea of the kinds of circumstances that cause someone in an affluent county to seek food assistance from you?

MS. SCANNELL: Forty-five percent of the people we serve are single parents with children, and all but two I can think of are women.

MS. SMITH: So, they are finding it difficult to make ends meet. Are most of these people on some kind of public assistance, for instance, food stamps, or are they working?

MS. SCANNELL: I would say that about half of them are on assistance; the other half are working and trying desperately to make ends meet. In most cases of women with children, the women have to pay a baby-sitter out of the salary they are making, and it just doesn't work. Then they find themselves on the welfare rolls. The heaviest

time of the month is the very last week of the month. We start to pick up on the third Saturday, but the fourth Saturday is very heavy traffic-wise. The people are from all of the agency groups. Their food stamps have run out. The low-income people who are making minimum wage find that their money is gone and they are getting ready to pay the next month's rent.

MS. SMITH: Most of the people you see are families then, or do you get a lot of single people?

MS. SCANNELL: No, most of the people we see are families.

MS. SMITH: Do you see a lot of elderly people in the County? Do they seem to seek out food assistance or not?

MS. SCANNELL: Only about 15% of the people we serve are elderly, and I have found out that the reason is pride in most cases. We try to reach them. When someone refers them, if they won't come out to the food pantry, we will make exceptions. We will deliver food to someone who is referred to us if the person has nothing to eat. Most of the time it is pride; they just wait for the next check.

MR. GROVE: Do you have many instances where you provide food for infants?

MS. SCANNELL: Oh yes, we do. We were not in existence too long when we added baby formula and baby food to the list of staples we circulated to the churches and organizations for distribution. We have all the Similac formula, with and without iron. We have all of the baby food. We have rejected diapers which have been donated to us, and we find that very few have anything wrong with them. So, we have them available now. Yes, we are trying to take care of the babies.

MR. GROVE: Is it a very large population of infants you are taking care of?

MS. SCANNELL: Not right now. Most of the children we find with the single parents are small children, but school age and over. There are not a lot of babies.

MR. GROVE: Joe?

MR. FORD: What publicity do you have? Do you have a newsletter which goes out to interested people in the County?

MS. SCANNELL: Yes, we do. Four times a year we publish a newsletter right from our office. It is done by a group of volunteers and it keeps everyone up to date on what we have done. As I said, we send updated information to all of the churches and women's groups. More and more people are coming on with us now and we rely on their donations. That is how we keep them aware of what we are doing.

MR. FORD: What kind of feedback, if any, have you gotten from elected officials — local officials, County officials, and freeholders? Have you received any inquiries? Is there any interest on their part?

MS. SCANNELL: Nothing at all from the Somerset County Freeholder Board; however, each local municipality is really enthused about what we are doing. We recently opened a pantry in North Plainfield and the reception we received from the local governing body there was excellent. In the very beginning, some of the people did not want to admit that the problem existed, but we met with them in groups, explained it, and showed them figures. Now the reception is great. I must say that the Mayor of Somerville is just marvelous. He works in partnership with us as a volunteer, and that is our heavy spot. That is where most of the people go to the food bank.

MR. FORD: Let me just ask you one further question that builds on this line. Do you know of any instances whereby public officials, in terms of their positive response, have agreed to lobby on your behalf, maybe by writing letters? Have they inquired about what they could do on your behalf to expand your funding and your support with State officials, with the Governor, or with Congress?

MS. SCANNELL: Only the Mayor of Somerville so far.

MR. FORD: The Mayor of Somerville?

MS. SCANNELL: Yes.

MR. GROVE: Donna?

MS. ROSS: I have one question. I would like to return for just a moment to the families you are serving with infants and small children. Have you any idea how many of them are participating in a W.I.C. Program? If not, are you able to lead people?

MS. SCANNELL: I have everything in my packet, but I want you to know that we were responsible, as the Food Bank Network, for bringing the W.I.C. Program to Somerset County. Up until about nine months ago, it existed in Hunterdon County, but it was very difficult. Part of the County was able to go to Plainfield and the rest of the County was not. It did not have the service available. Yes, every person with an infant who comes to us is referred to W.I.C. and, yes, they are greeted immediately and an appointment is set up as soon as possible. We are operating now in Somerset County out of the Somerset Medical Center.

MS. ROSS: Do you know whether or not the W.I.C. Program is now serving all of Somerset County, because I understand that part of Somerset is being served by Middlesex County.

MS. SCANNELL: That is not so. Somerset County is now being served in Somerset County.

MS. ROSS: Okay, thank you.

MS. SMITH: Can you give us an idea of the number of people you see on a weekly basis or a monthly basis?

MS. SCANNELL: We're serving approximately 450 people a month.

MS. SMITH: Thank you.

MR. GROVE: Thank you very much for being with us, Marie. Good luck on your cheese distribution.

MS. SCANNELL: Yes, I am going to get back to that now. Thank you for having me.

MR. GROVE: Our next speaker will be Mr. Seth Grossman. Seth, the procedure is for you to give us your name, spell your name, tell us where you are from and who you represent, and, if you have written testimony, please give it to the women who are doing the taping.

**SETH GROSSMAN:** My name is Seth Grossman; I come from the City of Trenton and I work for the City in the Department of Health and Human Services.

My testimony is really of a fairly general nature and comes from my work in putting together the Mayor's Task Force on the

Homeless, and recently, the Mayor's Task Force on Infant Mortality. Because of that, I want to share how those areas may be of importance to this sort of a discussion on hunger.

In general, I would really like to say that I believe hunger is quite misunderstood. Its impact on communities and how it relates to other services and other problems is significant, and yet sometimes confusing. We tend to go in many different directions on it. Certainly there are different groups of people. I mean, there are different age groups, there are people with certain problems, such as the physically handicapped or the mentally ill, there are children themselves in poverty, and there are female heads of households. Of course, as we all know, female heads of households in poverty are largely congregated in urban areas. The different area groups will have different problems and many food programs may be geared specifically toward them, thereby sometimes adding more confusion when we try to get a comprehensive system together because we have to be sensitive to the needs of these special people.

I think it is very difficult for individuals to ask for food, as opposed to asking for shelter, for instance. People seem to respond more when a person needs shelter or when people are out in the cold or something. But, it is very difficult for an individual to, in a sense, "beg" for food. It is seen as a more debasing act, as opposed to other things. I think that causes a lot of the problems we sometimes have in getting accurate statistics on who is hungry out there, and what the needs out there are. I'm talking from a government level, a larger perspective. We sometimes just don't have that information and, therefore, appear not to have as much sensitivity as we should have.

I would like to share, though, the fact that recently I think it has become very clear that sensitivity and awareness have grown, have increased, and certainly these public hearings are testimony to that.

I want to talk a little more about poverty because I think hunger and poverty, of course, go hand-in-hand in this case. I think we all understand that. But I think that poverty has become, once again, something very misunderstood. What is poverty? It's one word.

How can we get into one-word definitions -- homelessness, hunger, poverty -- and not understand, and not be willing to understand, what happens in communities where these conditions exist? Poverty has changed, to an extent, in the last couple of years. I will read a little bit of testimony that the Mayor gave in his State of the City message on that area. The gist of the message was that people in poverty have become somewhat isolated into small areas and communities that are somewhat isolated from the rest of society. At this time, I will read that. It is not very long:

"Like many other American cities, Trenton has faced social service cutbacks that severely reduce programs for those with a low income. Reductions are not only in the form of dollar cutbacks, but are seen as further restrictions on eligibility for public assistance programs. Funding for human needs has never been adequate, and continuing cutbacks have taken their toll. These actions have damaged especially the most vulnerable -- women, infants and children, the elderly, minorities, the disabled, the poor, and the working poor.

"Most significantly, reductions in services and the lack of services have isolated the poor and have cut off the only means of many to maintain themselves, to progress, and to contribute to society. Limited services force the impoverished into urban areas which maintain the only comprehensive human service systems. As service systems decrease, urban communities have become clustering places for the homeless, the hungry, and those in need of other services. These communities become centers of poverty."

I think that is a pretty clear statement as to why hunger has increased. I definitely believe it has increased in our areas, and that the plight of the hungry has become very severe.

I strongly support the action of these public hearings and I hope they act in an advocacy capacity, specifically on a very key issue. Many times, funding for emergency food is in the form of providing direct-service money. In other words, programs can only buy food. What has been neglected, for one reason or another, is the necessary funding for administration and operating costs. This has posed a Catch-22 situation for many agencies, which I am sure are

represented here. They get dollars to buy food, but they do not have the staff necessary to pick up the food in the first place, or to distribute it adequately throughout their communities. Certainly, and even most importantly, they do not get the money to operate their businesses. They can't pay the electric bill, they can't pay the heating costs, and they can't pay the other costs. They sometimes rely heavily on the community for volunteer efforts, which, as we all know, are many times volatile, and they rely on an extensive community information system, which is very difficult to set up.

In our community we have a relatively good volunteer system, but a lot of that, as I said, is targeted to very special things, like our soup kitchen, and whatever. But, actions for delivering food packages sometimes fall very short. These agencies need the financial resources to maintain adequate businesses, so they can serve the populace in their communities adequately. This is not happening right now.

I want to talk about the relationship between hunger, infant mortality, and other social problems. Certainly, infant mortality is seen as a health issue and, obviously, hunger is seen as a health issue, or we would not be holding these public hearings in this building. I am not saying that infant mortality is only a hunger issue or only a poverty issue. Certainly, in certain areas of the country, particularly the City of Trenton, maybe there are some environmental factors. I would like to note that the City of Trenton has the highest infant mortality rate in the State -- 22.4 out of 1,000. For those who may not know what that means, Bangladesh, which is considered the poorest country in the world, in 1982-1983, had an infant mortality rate of 13.7. In the supposedly most wealthy country of the world, we have pockets of poverty where the infant mortality rate is almost twice that of the poorest nation in the world. Something is going wrong. Our social service delivery system, our health delivery system, and our education systems for these people who are most at risk are simply falling apart in these cases.

The Mayor of the City of Trenton has initiated a Task Force on Infant Mortality, and he had the foresight to ask that Infant

Mortality Task Force to expand, not only to have a medical committee to study the problem, but an education committee and, most importantly, a social service committee that would be able to use the expertise of these professionals in the community to do the outreach, to understand the community, and to get to those people who are most at risk.

I may have a small statistic, and that is when I recently saw one of our major I&R services--

MS. SMITH: (interrupting) Would you explain what that is, please?

MR. GROSSMAN: That means Information and Referral Services.

MS. SMITH: Okay.

MR. GROSSMAN: It is operated by a private agency in our County. I was able to see monthly statistics there as to who calls in and what the highest services they deal in are. The highest services requested were emergency services, and food was almost the top priority. It was back and forth between shelter and food. In the food category, they were able to break it down female and male and then, I think, people they could not identify. Females, who I am sure represented families, were easily 75% to 80% of the calls. This brings to light a real concern for the plight of female-headed households and poverty, and the hunger which is present in those households.

I would like to end my testimony by encouraging these discussions and future discussions on this issue. I think it is going to take quite a bit of work to really identify the meaning of hunger and the linkage it has to our communities. I hope this group and the people here will support advocacy in this area and will go back to the leaders in their communities and attempt to develop commissions or task forces to identify these problems in the future.

Thank you very much.

MR. GROVE: Please stay seated for a second. We like to talk too, so please sit there, if you will. Are there any questions?

MS. ROSS: You didn't say how long your Infant Mortality Task Force has been in operation, so you may not have the answers to my questions. But, I'm wondering, is there some idea of how many of the infant mortality cases are nutritionally related? You listed some

reasons why we might see a high infant mortality rate, but do you know how many are related to hunger and malnutrition?

MR. GROSSMAN: Well, I can't give an exact number, but I can certainly speak from what the medical people on our Task Force have stated. Infant mortality is linked, of course, to low birth weight in children, and that is linked to improper nutrition. I think there is a clear line there, and that is why the Task Force has been put together. Now, the Infant Mortality Task Force in the City has been ongoing for quite a long time because the City, for quite a few years, has had a high mortality rate. It has only been recently -- within the last six months -- that the medical doctors have recognized a need to incorporate social service professionals.

MS. ROSS: You said there has been a high infant mortality rate for several years. Has there been any noticeable change in the infant mortality rate over the last few years?

MR. GROSSMAN: Yes, it has gotten higher.

MS. ROSS: Okay, thank you.

MS. SMITH: I have two questions. We have taken testimony in other places, and something that has come up which is linked to infant mortality and low birth weight children is-- It was reported to us that an inordinately high percentage of women who came to clinics in hospitals to have their babies, when they did come-- It was discovered that it was probably the first time they had been to a doctor during their pregnancies. I was wondering if you could support that, or if that has been your experience.

MR. GROSSMAN: I would like to elaborate on the concept of centers of poverty, or clustering areas of poverty. When we cut back social service programs, we cut back the only linkage we have to these poverty groups. The only area left open for the general population to get in touch with people in these areas is when they show up in the emergency wards, but we see infant mortality statistics and health statistics because those are open to the public. I think that is part of the problem. Certainly, the lack of parenting education and nutrition education are very severe, but I think there are greater issues as to why these people who are members of our community are not getting this information.

MS. SMITH: I have one more question. You said that a high preponderance of people in need are single female heads of households with dependent children. What percentage of the funding which comes into the City for the homeless and for food goes to that particular group of people?

MR. GROSSMAN: I would first like to state that regarding funds which come into the City-- Very little funding comes into our City, because it goes from the State to the counties, and the counties distribute it.

MS. SMITH: Okay; maybe that affects the City.

MR. GROSSMAN: We do not have as much control over it as we would like to.

MR. GROVE: Join the club.

MR. GROSSMAN: I am going to be honest about it. Let me go back a little bit. In our Mayor's Task Force on Human Service and the Homeless, one of the top priorities was a clearing house, a comprehensive system of emergency care. In the process of putting together a clearing house, an advisory committee was put together. What has come out of this clearing house is that we have fallen far short of taking care of women with children who are in crises. For some reason, our whole system seems to fall apart. We just can't even do anything for these people. There is always some problem, some rule, some regulation that holds back the whole process. I'm sorry to say that we really fall short. This is an area that is sorely neglected, and I would like to state that part of this problem -- as I said in the beginning -- is that it is difficult for people to ask for food. It is also very difficult for women with children to come forth because they have to take care of their children; they have to protect their children. Many times we do not see women who are in crises, who are homeless, or whatever, because they hide in abandoned buildings. They are not as visible as are single males or single females, who just walk around and have no other real concern but themselves. Women with children have other concerns and, therefore, they have a very strong protectiveness about that. We just simply don't see them.

I would have to say that, unfortunately, we did not see them as clearly as we should have. We are now beginning to realize that we have probably neglected the largest homeless population, the population that, if we served it, if we took care of it, and if we identified it, would give us the greatest rewards.

MR. GROVE: First of all, Seth, let me thank you. I want to commend you for testimony which was precise, clear, and complete. For me, a pattern has emerged. It was especially helpful when you linked, persuasively, poverty to hunger. You make your case well. But, again, building on a question that I asked someone who testified previously, in terms of an educational outreach, I'm sure that the Mayor and your Task Force have lines of communication to people in the private sector -- chief executive officers, corporate heads, etc. What efforts have the Mayor and/or your Task Force made to reach out and broadcast this information in order to begin to sensitize and educate the opinion-makers, the influential people who may be able to do something about these structures and patterns?

MR. GROSSMAN: That is a very difficult question because, personally, I am not sure exactly what the Mayor has done in some of those personal relationships. However, I think the Mayor has taken a very strong stand in developing this Infant Mortality Task Force and identifying a Social Service Committee on that. I know for certain that he feels very strongly about this. He has come out publicly and spoken about this issue.

In our County, we have a large urban area, the City of Trenton, and the rest is surrounded by suburbs with some major municipalities in them. There is a polarization which occurs there. We are having a very difficult problem in trying to get the surrounding areas to be concerned about their major urban area.

MR. GROVE: The greater Mercer County with urban Trenton.

MR. GROSSMAN: I think in the history of this country, this is sort of a new problem. Because of that, we are having difficulty uniting the efforts of the private sector to our problems. That is also a greater issue.

MR. GROVE: Seth, there will be one question from Donna and then I have one, and then we have to stop.

MS. ROSS: You pointed out that very often women with young children may be reluctant to seek help publicly, but I'm wondering what kinds of resources there are for them in perhaps a less threatening way. For example, do you know whether or not Trenton has a School Breakfast Program, where children are fed in school?

MR. GROSSMAN: Yes, Trenton does have that program.

MS. ROSS: Do you have any idea how many children are participating in that Program?

MR. GROSSMAN: I think there are over 5,000 kids participating, every day.

MR. GROVE: One, do the schools have nutrition services for pregnant teen-agers, and two, are there infant day-care centers for teen-age mothers?

MR. GROSSMAN: They do not at this point. There is a strong movement to begin to identify this and to put these together. One of our leading nonprofits, the Trenton Educational Development Corporation, has been negotiating with the City and with the Department of Education for infant day care for pregnant adolescent girls who are eligible for school. So, we are working very strongly in those areas.

MR. GROVE: Thank you very much. Is Linda Jay here? (affirmative response) Linda, I apologize for running a little longer with testimony than I expected, but we will keep moving right along. Please give us your name, spell it out, give us your title, and the organization you are with. You have 10 minutes to share your thoughts with us and then we will ask some questions.

**LINDA JAY:** My name is Linda Jay. I am the Program Supervisor for the New Brunswick Office of Catholic Charities.

I am here today, though, representing emergency services for Catholic Charities, Middlesex County. The emergency services are provided by two sites within the County, New Brunswick and Perth Amboy. The services which I am referring to, the emergency services, are as follows: emergency food, shelter, and support services. In the New Brunswick office we have a medical clinic which provides basic health services to children and adults. I will focus my comments on our emergency food services.

We in New Brunswick and Perth Amboy have food pantries -- one at each site -- where we provide canned and dried foods, some fresh foods, and a limited number of food vouchers. Our sources of referral for our services are through social service agencies, churches, and word-of-mouth. People who are referred to us or who come into our offices see a worker, and service is determined through the interview. They are then plugged into the various resources and are provided with food assistance.

Our food assistance, consisting of canned and dried foods, is packaged for the number of members in a family, three meals a day for three days. I would like to give you an idea, through statistical data, of who we see in these offices, so I will share some of this with you: Through both offices, with a staff of five in the two sites, we feed approximately 350 people per month in New Brunswick and 150 people in Perth Amboy. Seventy-five percent of the people we serve are minority members. Ninety-five percent of the people we serve have an income of less than \$7,000 per year. Eighty percent of the people we feed are under age 25, and within that group, actually in total, an even higher percentage, 90%, are under 35. So, most of the people we see are under the age of 35. We find that the greatest group we are working with are single-parent, female-headed households.

The presenting common reasons for food assistance are, for example, people run short of food stamps or money before the end of the month; there is a lapse of time between application for public assistance and the actual receiving of the assistance; computer errors and other administrative follow-ups, for example, the monthly reporting system; and, just in general, people are transient. They pass through Perth Amboy and New Brunswick on their way to -- wherever.

I did a little bit of reflecting before I came here not only using our stats, but our experiences. I have taken all of this and put it into three different, what I feel are causes for hunger within Middlesex County. One would be inadequate levels of public assistance -- AFDC, general assistance, and food stamps. Second would be administrative problems, and under that would fall a number of things, for example, administrative red tape, the monthly reporting system,

backlogs due to lack of staff within public agencies, and just, you know, the old computer, which fouls up. And finally, barriers, which I will define a little bit further. Barriers would be a lack of transportation and a lack of affordable housing, particularly in Middlesex County, which make it difficult for people to get out and become employed. Therefore, they are caught in a trap, and are left on public assistance.

That concludes my comments. Are there any questions?

MR. GROVE: The kinds of things you are sharing with us are becoming very repetitive.

MS. JAY: Yes.

MR. GROVE: That's okay, because it is important for us to hear these things. However, if you see us smile periodically, it is because this is the second hearing and those terms are beginning to be very familiar to us, as you share them.

MS. JAY: Unfortunately, they are common problems.

MR. GROVE: Yes, they seem to be.

MS. SMITH: I have a question.

MR. GROVE: Yes, Leslie.

MS. SMITH: Where do you get most of the food that you give out?

MS. JAY: The food supplies we have in our pantries are provided to us purely by donations. Our sources are churches, various groups, schools, and individuals; for example, individuals like farmers, poultrymen, and bakers.

MS. SMITH: What is the participation, as far as you know, in your particular area, of elderly in the Food Stamp Program? Is it high or low?

MS. JAY: Well, interestingly enough, we do not see many senior citizens in our offices. As I pointed out in the statistics, 90% of the people we see are under the age of 35. We do have occasions when some will come in our door. When that is the case, many of them are receiving food stamps, but they are in such a low amount that it is just ridiculous. They receive about \$10.00. It is almost not worth going to the bank to pick them up. When that is the case when we see

seniors, what we try to do is plug them into the senior citizen resources where there are other things for them, such as feeding programs, etc.

MS. SMITH: You were talking about administrative red tape, regulations, and things like that. My question is, how well are expedited food stamps provided in your County?

MS. JAY: I think Middlesex County as a whole, both within County welfare and the food stamp office, does pretty well. You only have so many people, and the requests continue to rise. There is only so much that can be done in a seven- or eight-hour day. That is just the bottom line.

MS. SMITH: I have one final question; we have been asking everyone this question. When people come to you as they run out of resources, when in the month does that happen?

MS. JAY: I would say the last two weeks of the month. For example, March is a long month, so even though we are not in the mid part of the month yet, we are starting to see the numbers pick up daily. I would say the last two weeks of the month. Also, I would like to point out that the weather seems to be a factor in our numbers. When it is cold, we see a lot of people who cannot work, such as construction workers. They are not going to be out of work long enough for them to be able to collect unemployment because by the time they collect it, they are back to work. There is just a gap there. Or, if they don't work, let's say, in formal employment, if they receive money under the table, it cannot be documented that they were employed.

MS. SMITH: Thank you.

MR. GROVE: Donna?

MS. ROSS: What relationship, if any, is there between your emergency food program and the health services program you mentioned very briefly at the beginning of your testimony?

MS. JAY: There is a strong relationship. Since we are located in the same office, we refer many of our clients in the Emergency Service Program to the free clinic, and many of the people who come into the clinic are referred to our office, the Emergency

Service Program. It is interesting that many of the people we see in the clinic are those who are what I would call the working poor. They are not covered under public health programs and they are not covered under employer-sponsored health programs. So, many of the family members just don't have insurance coverage. A lot of times we see these people and they say, "Gee, we're here for our immunizations, but we just don't have enough food until next week when we get paid." So, we are starting to see more referrals from the clinic.

MS. ROSS: Is there any way to judge whether people coming into the health clinic are coming because of food- and nutrition-related problems? Is that something that is pinpointed when they come in?

MS. JAY: Since the majority of the people we see at the medical clinic are from, I would say, the working poor, they have a little bit more than those who are on public assistance, not much, but a little bit more. Therefore, they have more resources and they seem to have, let's say, non-material resources, such as family support, etc. So, we are not seeing a lot of illnesses or needs related to nutrition problems.

MS. ROSS: Thank you.

MR. GROVE: Joe?

MR. FORD: No questions.

MR. GROVE: Thank you very much, Ms. Jay. Our last testimony for this hour will be given from the Farm Project in Trenton. Cathy, will you be speaking? (affirmative response) Okay. Then we will take a break a little bit after four and we'll come back in five minutes to hear the rest of the testimony before our supper break.

There are two people who came in -- Angel Rivera and Robert Turton -- and we will attempt to get them in during the next hour. Gentlemen, if you can hang in with us until five o'clock, we will try to have the two of you speak by that time. Okay? Cathy?

**CATHY CUFFEE:** I represent the Farm Project Emergency Food Program in Trenton.

MR. GROVE: Please give us your name.

MS. CUFFEE: My name is Cathy Cuffee. The Farm Project Emergency Food Program now includes another component which is called "Forum-ula," which is a play on words. Through Forum-ula, we are able to provide emergency infant formula to mothers with children.

We have been beating the drum for years; Terry knows this. We have been beating the drum for 10 or 12 years now, talking about hunger, hunger, hunger. Now, hunger seems to be taking many forms, many shapes, and seems to be existing in many areas heretofore not present. We deal with inner-city hunger. I noticed that certain questions were asked before, such as, "How do you do outreach?" We have the reverse problem: How do we keep crowds from banging down the door? We have to use an agency such as the Mercer County Board of Social Services to screen applicants. They cannot come directly to us because we could never handle it.

Just to give you an idea of what kind of numbers we're talking about, as Mr. Grossman from the City of Trenton said, there are a lot of people who we used to say had fallen through the cracks. There aren't any cracks anymore; there is a grand canyon. People have been cut off from the social service system and have fallen into this great big hole; we can't find them, we can't count them, we can't learn about them, and it becomes very frustrating.

In Mercer County, there are in excess of 8,000 -- in fact, 8,967 -- female heads of households who are on AFDC. Sixty-seven percent of that figure -- at least 6,000 -- are poor and living in the City of Trenton. So, I can then say, "Well, 67% of these single-parent, heads of households are poor," but is that so, because I am only counting AFDC? What happened to the people who are no longer eligible for AFDC, but who are hungry? The figure may be as high as 87%. We have no way of knowing; we have no way of counting. It's difficult to say when someone asks, and people frequently ask, "How many people are hungry in Trenton?" "Gee, I don't know. I haven't the vaguest idea." "How much of that need do you serve?" "I don't know. It depends on how much money we get." One time we will get \$7,000 from Emergency Food and Shelter moneys; another time we might get \$3,000; and, another time we might get \$14,000. It all depends on what is

popular at the time. Meanwhile, take all of those amounts and add them together, and we haven't even begun to touch the tip of the iceberg.

The typical AFDC mother with two children over the age of five, let's say not counting the W.I.C. Program, receives a maximum benefit amount of \$385.00 a month. Her average food stamp allocation is \$147.00 a month. On the basis of four and a half weeks in a month, this gives the woman \$118.00 to support herself and two children. Now this is fine until one of the kids gets a cold, the other one gets a cold, or the mother gets a cold. She has to go out and spend \$20.00 or \$25.00 on over-the-counter cold remedies -- aspirin, Vicks, cough medicine, whatever. Now, she is short. She starts out with a deficit. How does she pay her rent? How does she buy food? She has a choice. She can either have shelter or she can have food. The choice is hers. She can sell her food stamps on the black market and pay the rent, and then we will see her. We will see her not once, not twice, but perhaps four times in that month.

On the other hand, if she doesn't want to be evicted, she can go ahead and pay her rent -- or, the reverse. Sorry. She can go ahead and use her food stamps and take some of her rent money in order to be able to provide adequate nutrition for her children. Then she will be evicted and will show up at the local emergency shelter. So, it is like becoming too heavy to fit into a shirt. Something is going to pop out somewhere. If you button that shirt, something is going to pop out somewhere. The problem we have seen traditionally is that funding sources view one problem through a telescope, hunger, standing out there separate and apart and not related to anything else. That is a fallacy. That is purely a fallacy. If you help the homeless, you are still going to have the hungry. If you help the hungry, you are still going to have the homeless. There is a concerted effort needed to address this problem, an all-over needs kind of a thing.

I found the question raised by Mr. Grossman's testimony with regard to, "Why is it that mothers are reluctant to ask for food assistance?" very interesting. Maybe the answer to that is found in, : "Why are Federal funds for emergency food and shelter purposes targeted, mostly, to services for singles?" If I say to you "salt,"

you'll say "pepper." If I say "cup," you'll say "saucer." If I say "homeless," it will invoke a mental picture. You will see a man in ragged clothing standing on the corner with a wine bottle sticking out of his pocket, because mom is associated with apple pie. You can't put your mother in that category. We're Americans, and we are conditioned to believe in the land of plenty. It is not so; it is no longer so. We have to realize that mom is hungry. As a society, we are already making mom a Federal criminal; she is selling her food stamps. So, what is better? Shall we see mom on the corner, or shall we see her in prison? Now we are getting into a whole different set of problems. I said that to indicate just how this thing can snowball. It can get to the point where she is just beyond help. Something has to be done immediately.

There is one other point I would like to make. I have done a great deal of research trying to draw a line from infant mortality to poverty. The figures are not in yet; conclusions have not been reached; and, no one has given me a figure that I can quote. However, what is interesting to note is, of these AFDC families, if 67% are poor and living in Trenton, how does that relate to the fact that Mercer County's infant mortality rate is 13.7% and Trenton's is 22.4%? Harlem's, by the way, is 25%. So, what is that saying? Obviously, there is a link to be drawn there somewhere.

Basically that is what I wanted to say.

MR. GROVE: Thank you. Are there any questions?

MS. ROSS: I am just a little confused by a statistic you repeated a few times, and I wish you would clarify it. You used the number 8,967 for female heads of households who are on AFDC, and then you said, "Six thousand of whom are poor and living in Trenton." Do you mean 6,000 of those 8,000 are living in Trenton and the others are in Mercer County?

MS. CUFFEE: Yes. The rest are in the balance of Mercer County.

MS. ROSS: You are not saying that the other 2,000 are not poor?

MS. CUFFEE: Yes, no. Wait, let me start from the beginning.

MS. ROSS: Right, okay.

MS. CUFFEE: There is a total of 8,000 and some single-parent, heads of households in Mercer County.

MS. ROSS: Okay, 6,000 of whom live in Trenton?

MS. CUFFEE: Six thousand of whom are on AFDC and live in Trenton.

MS. ROSS: Okay, thank you.

MR. GROVE: Joe?

MR. FORD: No questions.

MR. GROVE: Leslie?

MS. SMITH: Yes. I want to go back to a question I asked Mr. Grossman. You said that the stereotypic image -- the homeless person -- is the male with the tattered clothing and the wine bottle standing on the corner. We all know that Federal emergency money for shelter and food has been traditionally given to primarily homeless and indigent people. We have been to one city already where a majority of the homeless people are dealt with in a Rescue Mission situation for males. I asked this question in Atlantic City: "How many services are there for females?" and it was continually stated to me that men are being taken care of. So, I can understand what you are saying.

As the money comes into a county such as Mercer for emergency food and shelter, what is the breakdown, as far as you know, in percentages for the amount of money being given to the target population you talk about, the women with children who are hiding in buildings and wherever, who, for whatever reason, are not being sheltered somewhere else? What is the breakdown in funding, because you were talking about the funding problems?

MS. CUFFEE: Yes. Well, I do not have the figures broken down, but off the top of my head I would say that probably 10%, or at least not more than 15%, of those funds in the past two years since FEMA began the Emergency Food and Shelter Program, have been allocated to programs that deal primarily with families.

MS. SMITH: The rest is for single, transient, alcoholic, whatever?

MS. CUFFEE: Yes. The thing is, emergency food service is basically broken down into two distinct categories. One is the

congregate feeding situation, which either takes place within an emergency shelter, or perhaps a separate entity, which is a soup kitchen type of operation where these people can go. The other entity is like ours, which is an emergency food program which preserves the family unit, where a mother can take the food home and prepare it for her children. The fact that she needed to pick up the food and that it is a charitable kind of thing has no impact whatsoever on her family structure. That kind of service just for families with children has been sorely neglected.

MS. SMITH: In the funding situation?

MS. CUFFEE: Yes.

MS. SMITH: I have one follow-up question. Is one of the fears that a woman who is homeless with dependent children has when seeking aid based on the fact that she is afraid her children will be taken away from her?

MS. CUFFEE: Absolutely; absolutely. I hear that all the time. Women come in and you try to sit down and discern what the attending problems are. You're giving her a food package, but you want to know a bit more than that. You want to know how she got in that situation, what we can do, how we can network, and how we can address the peripheral things that impact upon this. They say, "Don't call anybody. Don't set up any appointments. No, no, they might take my kids."

There is one thing I would like to share with you which is probably a glaring example of what I am saying. It was in all of the newspapers; it was a shocking situation. The Trenton police answered a complaint call about litter outside of a building on North Clinton Avenue. I read about it and I interviewed the policemen. I was just reduced to tears by what these men told me. They knocked at the door, the door was opened, and the back part of the building was practically all missing. This was during the month of January. There was no heat; there were no toilet facilities; and, there was no running water. In the center of the floor there was a gas stove with a pot on it. There were 15 crying children shivering around this gas stove. The policemen told me that they were fighting to grab handfuls of a

substance that looked and smelled like puke. When one of the policemen came in, his first instinct -- he knew he had a candy bar in his pocket -- was to reach out to a little girl. She was so anxious to take it that she set her sleeve on fire.

Subsequently, they discovered another such building which was owned by the same individual. This was a man who was charging these people rent, had a prepared eviction notice in his pocket to serve on them, and he was living at the local shelter, paid for by emergency food and shelter funds. That is food for thought.

MR. GROVE: Are there any other questions? (negative response) Thank you, Ms. Cuffee.

For the next hour these are the people I have listed on the agenda: Catherine Ambos, Miki Kellum, and Mark Williams. Then I have waiting on deck to speak: Angel Rivera and Robert Turton. If you want to speak during the next hour and I have not given your name, please see Margaret during our break time -- please raise your hand, Margaret -- and we will make sure that we have your name. If we are not able to get to you this afternoon, we will attempt to put you on the docket for this evening when there is some time available.

We thank you for being with us during this hour. We will be back in about five minutes.

(RECESS)

#### **AFTER RECESS**

MR. GROVE: We are ready to reconvene the hearing if everyone will get situated. Will Catherine Ambos come forward, please?

Again, let me remind you we are requesting that you give us your name, spell your name, and tell us who you represent. If you have written testimony, please hand it in. You will have 10 minutes to give your prepared statement, and then there will be an opportunity for questioning. Catherine?

**CATHERINE AMBOS:** Thank you. My name is Catherine Ambos. I am the President of the New Brunswick Episcopal Urban Work Committee, commonly referred to as NBEUWC. I am also the Coordinator of Christ Church's Hunger Ministry. NBEUWC is composed of the five local Episcopal churches, All Saints in Highland Park, St. Albans, Christ Church, St. John the Evangelist in New Brunswick, and St. Michael's Chapel at Rutgers University. It gives the five churches a forum for discussing and working together on common social concerns in the New Brunswick area. One of our member churches, St. John the Evangelist, has been running a program to feed the poor for over three years. That program is called "Lunch on the House of God," and it will be described in a few minutes by Miki Kellum.

Last spring, NBEUWC was discussing what concerns in New Brunswick most merited our attention as a group. We realized we could only speak from our comfortable, middle-class perspectives, that we did not directly know how the poor felt about their situation. We decided to invite the poor to speak to us about their concerns and, as a result, on June 9, 1984, we held an open hearing at Christ Church. People spoke about problems of finding adequate, affordable housing; about finding employment and transportation to get there; and, about food. One major food-related problem cited was the lack of a grocery store in New Brunswick. People of limited means have to rely on public transportation, taxis, or rides with friends to shop at the lower-cost major grocery stores, as opposed to the small, expensive local food stores. Making food stamps stretch through the entire month is difficult enough without having to pay premium prices for food because you cannot get to the large grocery stores, or having to use precious limited cash to pay for a taxi to get you to a place where you can do reasonable grocery shopping.

Another problem mentioned was the difficulty of making food stamps stretch through the month or making a very limited budget stretch through the entire month. When people find that their food stamps have run out, they will go to a local food bank, which generally, in our area, can only give stopgap help, and places like Lunch on the House of God, where at least Monday through Friday they

can get a nutritious meal. Speakers at the hearing told us how important it was to them to be able to get a meal at Lunch on the House of God and how they appreciated that they were treated with dignity there and not made to feel ashamed just because they were hungry. However, the hungry were basically still left to their own devices most weekends.

A major purpose of the hearings we held last spring was to inform the member parishes of NBEUWC about local problems so that the parishes themselves could respond to what they felt was important. As a result of reading the document, "Stay in the City and Wait: A Report of the New Brunswick Episcopal Urban Work Committee on the Opening Hearing for the Unheard," a copy of which has been turned in, and seeing the 40-minute videotape made from the hearings, the vestry of Christ Church decided to expand the local churches' ministry to the hungry and feed people on the weekends. On March 2, Christ Church Kitchen opened, serving lunch from 1:00 to 3:00 p.m. the first three Saturdays of the month and the fifth Saturday of the month. Another local church, Sharon Baptist, serves lunch on the fourth Saturday of each month. Volunteers from our parish and the surrounding area, shop for, prepare, and serve food. We purchase food with donations from parishoners and our sister organization, Lunch on the House of God. We receive donations of food from Dunellen FISH, Inc.'s food bank. Our first two weekends we served about 15 people each day; however, it was the beginning of the month and we were a brand-new program. We expect the number to increase as word of our program spreads, as people begin to trust us, and as the month progresses.

I feel the important thing to remember in developing a program such as this is that in a country which is a major exporter of food, people have a right to eat and to be treated with dignity. On-site feeding programs do a good job of serving people who are homeless, have no cooking facilities, or are alone and will not cook for themselves. Government support in the form of commodities for these programs is useful; however, these programs really do not serve the needs of families with children. Those families must put food on the table at home so the children will feel that their parents are able to provide for them.

In summary, on-site feeding programs, such as Christ Church Kitchen, help a segment of the population in a dignified manner. The government can help these programs to serve more people by providing food, by providing funds to purchase food, or by providing assistance to help to hire permanent cooks or managers. The heart of these church-sponsored programs is the voluntary efforts of the church members and other people involved, but government assistance helps us to serve an even greater number of people.

Are there any questions?

MR. GROVE: Thank you, Catherine. Hold on for just a second. I would like to introduce another panel member who has just joined us. He is State Assemblyman David Schwartz. Assemblyman, we are happy to have you here with us for the afternoon. We are in the process of asking questions at the end of testimony given.

Donna or Leslie, do you have any questions?

MS. SMITH: Once again, it is obvious from your testimony that on-site feeding programs -- such as Lunch on the House of God and the program you have just opened up -- feed people, but not necessarily single heads of households with dependent children. Is that a population you see as not being served as well as it could be?

MS. AMBOS: Yes.

MS. SMITH: How many of the people who come to, for instance, Lunch on the House of God or your program, on the weekends, are elderly people?

MS. AMBOS: Let me just speak for my program because Ms. Kellum will be speaking in a minute, and she is more familiar with her own program.

We do not have a great elderly population. I would say that most of the people who have been to our Saturday program are between the ages of 30 and 50.

MS. SMITH: Is it your understanding that most people use the site as their major meal of the day?

MS. AMBOS: Yes. Most of the people have told me, "This is my first meal," and most of them have said, "This will be it for today." Speaking from personal experience -- the small child up there

is mine (indicating baby in the audience) -- it is really not practical to expect single heads of households to bring children to a site to feed them because even if a person has his or her own car, packing the kids in, shepherding them around, and supervising them is really very, very difficult, not to mention the fact that children really need the security of the feeling that mom can put a meal on the table for them. If they do not have their own car and they have to either walk or take public transportation, then it gets to be impossible.

MS. SMITH: Thank you.

MR. GROVE: Thank you very much, Ms. Ambos. Miki Kellum, do you mind if we slide someone else in right ahead of you? Would that cause you any problems with your schedule?

MS. KELLUM (from audience): Will I be next?

MR. GROVE: Yes, you will be next.

MS. KELLUM: All right; no problem.

MR. GROVE: Mr. Rivera?

**ANGEL RIVERA:** I apologize, Ms. Kellum, but I have come a great distance. My name is Angel Rivera. I represent Checkmate, Incorporated. It is the designated community action agency for Monmouth County. Its administrative offices are located in Asbury Park.

After listening to the testimony today, I can see that all of our problems are similar in nature in terms of the reasons given. However, I feel there are a few items I would like to outline which may be different.

We talk about the cost of food. From client testimony that comes to us, we find that local merchants in the municipalities in Monmouth County somehow feel that they can raise their prices at the beginning of the month because food stamps are available. Well, that creates a problem when you have to purchase a particular item at 15% or 25% over normal cost. Then at the end of the month you do not have enough, and that is when most of our clients have problems due to insufficient money. The budget they planned out for the month just goes whacko. It does not come together in terms of their expenses; therefore, they have to make other adjustments. I want to stress this

is one of the things that does happen. I don't know if this happens in other parts of the State, but that is one thing that comes out as we provide services.

Another thing is, clients all have similar problems in terms of running out of food because of the amount of food stamps they receive. Many people have expressed their feelings about the bureaucracy in terms of the paperwork food stamp recipients must go through. If a person loses her food stamps, she has to go through so much to prove she has lost them and that she is not trying to beat the system. This delays the whole process of acquiring additional food stamps, if she can even get them. I believe the cuts have affected -- not so much the cuts in terms of money the Federal government has put into the program, which I know have been severe -- the type of guidelines, which have changed. They make it impossible, in some cases, for clients to receive food assistance from the Food Stamp Program.

We have three soup kitchens in Monmouth County. We had four, but one was closed down due to the high cost of upkeep. It is not so much the food donations that were the factor, but the utilities, such as gas, and the volunteer manpower they needed. These soup kitchens serve about 60 to 80 people per day. Most of the people are single, but we do have some families. The young lady before me spoke about how people feel about the idea of coming to a soup kitchen with their children. Let me tell you, it is very embarrassing to bring your whole family to eat in front of other people. Therefore, in most cases, they sacrifice, and opt not to come in.

We have a large population of single individuals who do not have cooking facilities. Even though there is food available for them, there is no way to cook it at home. So, the single population suffers because of that. At times we look into the food pantry and say, "What can we give them?" We have a three-day plan, where enough food will be given to last for at least three days, particularly over the weekends because at the end of the week is when we find more clients coming in for food. The nutrition programs close down on the weekends, and people have no place to go. So, on Friday afternoons they rush to get

something that will last them for the weekend. That is very hard on us, not because we can't handle it, but because of the volume of work that comes in compared to the other kinds of services the agency has to provide. So, we have to compromise, and we see a problem with how to adequately service people over the weekend.

The other situation we have is that we work with the Agent Orange organization in Monmouth County that provides the Federal commodities -- the butter, the cheese, and the dry milk. We work very closely with them because we want to make sure that the low-income community of Monmouth County is aware that they are entitled to those commodities and that they receive them. We supply manpower and agency resources.

MR. GROVE: Excuse me, let me ask for clarification. Did you say "Agent Orange?"

MR. RIVERA: Yes, "Victims" -- I forget the whole title.

MS. SMITH: Agent Orange Victims.

MR. GROVE: Okay, Agent Orange Victims.

MR. RIVERA: Not Agent Orange the problem, the organization.

MR. GROVE: Okay.

MR. RIVERA: A gentleman asked before about how municipalities provide assistance. Let me tell you, in Monmouth County, the city councils and mayors have been very good to the organization, at least in terms of distributing commodities. They provide the trucks, and sometimes they provide the manpower. Only a few municipalities do not participate, and that is because of the amount of food delivered to those towns. What they do is share with a neighboring municipality. They provide gas, insurance, and all the things the local nonprofit organization cannot provide.

As I said, I do not want to get into all the problems because you have heard about them all day. I just want to tell you that in our quarterly statistical report, for the second quarter, we found that out of 1,000--some people we serviced, 175 of them were provided with emergency food. These were individuals and families. Our food pantries are open seven and a half hours a day, and the staff is available on the weekend if emergency situations occur. We also assist

people in the Emergency Shelter Program. We find that when we place individuals in hotels, the hotels have no place to cook, and here we go again. There is a no-facility problem. What do you do? Well, at times we shuttle back and forth with food because that is the only way to provide food to our clients.

MR. GROVE: Are there any questions?

ASSEMBLYMAN SCHWARTZ: Yes, I have two. This Commission, as you know, is a State Commission, and will report primarily to the State government. If you were to speak to State government -- which in a sense you are doing -- about one wish that could help you meet the nutritional needs of the population you serve, what do you need? What is the number one thing we could do -- that State government could do?

MR. RIVERA: Other than food? Food is it.

ASSEMBLYMAN SCHWARTZ: Money for food?

MR. RIVERA: Okay, well, we need food. That is why we are here. If the State is out to develop a program that would address the issues of nutrition, we need money for two things: One, to purchase food. I see a problem in the long run. The churches and the other little organizations that have been the backbone of providing emergency food are going to get tied up. Some of them are going to cut back. There is only so much you can ask of a particular church or civic organization. Look at it that way. They have other priorities. The second thing, other than food, is administrative funds that would enable us to supply the manpower and resources to reach the people. We are lacking in that area. I know a lot of volunteer organizations in Monmouth County, but they just can't do everything.

In Monmouth County, we have been lucky that people share their resources with each other. I know one agency, a particular church, where if they run out of food they contact us. In our case, if we do not have a particular item, we contact them.

ASSEMBLYMAN SCHWARTZ: Thank you. Let me ask you my second question. Do you see the population you serve as primarily a chronic, continuing, long-term problem of hunger, poverty, and distress, or is it primarily a population that came into poverty as a result of a job loss, an accident, a divorce, or some other human tragedy?

MR. RIVERA: We see a combination of all of those things.

ASSEMBLYMAN SCHWARTZ: Is it possible to make a rough statistical breakdown?

MR. RIVERA: No. If you could give me some time, I could provide an overall statistical report.

ASSEMBLYMAN SCHWARTZ: Obviously, since you just said you lack administrative money and time, I would not want any service provided which would take time away from actually serving people in order to do fancy dance statistics. However, I will say this: In any State activity -- in any governmental activity -- there is a mix of prevention and remediation. There is a mix of intervention strategies. To the extent that we are dealing with a population of chronic poverty and hunger, some of the interventions we might recommend may be somewhat different from the interventions we might recommend for persons who come in and out of the poverty arena.

I would say this to you and to others who will testify here and at future hearings: Should it be possible to make that determination in a rough statistical calculation, I, for one, would be interested; however, in no way would I ask you, or any other service group, to bend or distort your mission of serving people on an emergency basis to do statistical stuff.

MR. RIVERA: I understand that, Assemblyman Schwartz. The situation is that the Legislature and the Governor-- You cannot go to them with human feelings, not because they don't feel, but because they do not understand. Okay? They are caught up in whatever priorities they have. But, when you have to deal with them on a statistical basis, everyone understands that. Now, if I have to spend a weekend or a night to do this, I am not worrying about that.

ASSEMBLYMAN SCHWARTZ: If you can provide me with the statistics, I promise you I will make my colleagues and the Governor feel. Don't you worry about that.

MR. RIVERA: I am not worrying about the time factor, but I will tell you one thing, you're right, clients will come first.

ASSEMBLYMAN SCHWARTZ: Okay, thank you very much.

MR. GROVE: Are there any other questions? Leslie?

MS. SMITH: I am going to repeat questions so we can get the answers into the record. Regarding the people who are running out of food by the end of the month, what time of the month are they normally running out of food?

MR. RIVERA: Basically, by the third or last week of the month, except in cases -- which have been mentioned before -- where there is a problem with food stamps, or people are just moving into the area and are not yet in the system. We also have one situation-- You have to understand the way Monmouth County is. It is not like North Jersey -- Middlesex County. It is sort of split into two types of counties. One is very rural, and the other is very urban. If you look at it geographically, it is about half and half. From Freehold to the east, you find it is all rural, and from Freehold to the west, you find it is all urban, or suburban. That kind of a county creates its own problems because of the way it is. We find that in the Allentown/Englishtown area, social service agencies are not that accessible. Food pantries are not accessible. Since people live far away from each other, sort of scattered, they are not organized to come together to address the issue. So, you find an agency such as ours, which understands these kinds of problems, trying to reach them. For example, there is one community coordinator on my staff who has recently started to meet in the Allentown area to organize the ministers and other community groups to develop a food pantry on an ongoing basis. She works for our agency, but she lives in Freehold.

MR. GROVE: I am going to call time on you, Mr. Rivera, in order to save time for the other people we have promised to listen to. Thank you very much. Miki Kellum?

**MIKI KELLUM:** My name is Miki Kellum. I am Director of Lunch on the House of God, which is a soup kitchen located at the Episcopal Church of St. John the Evangelist here in New Brunswick.

Our parish began Lunch on the House of God in 1981 strictly as an outreach program because the Reagan Administration was going to start the Federal cutbacks at that point. Reverend Brown, who is affiliated with The God Squad, and who was really on his own in New Brunswick for so many years fighting hunger, poverty, and homelessness,

was concerned that the people he had been providing for -- that the number would increase so much because of the cutbacks that there would have to be another way to provide feeding assistance. At that point, we decided as a parish that this would be an outreach program.

That is how we began. We are privately funded by the community residents and churches. We do not take, do not ask for, and, in fact, turn down State and Federal funding, because of the red tape involved, the requirement that shelving food has to be separate from other food in your pantry, and the reporting systems. Because we were all voluntary, we were just not able to take advantage of that, and the community and churches have provided for us to date. We have decided we would like to continue this sort of funding approach, rather than go to State and Federal funding.

We operate Mondays through Fridays, and we serve a nutritionally balanced, hot, lunchtime meal on those days. Our caseload daily runs anywhere from a low of 50 people to a high of 225 people.

In 1984, we served a total of 25,202 meals. In 1983, the caseload for the year was 27,000 meals. So, there seems to have been somewhat of a drop between 1983 and 1984.

Our program does not ask for verification of need. We intend to preserve as much of our clients' dignity as possible. We feel that if you are already out of work, you are already homeless, you are already on food stamps, and you are already collecting unemployment, you do not need one more form to fill out and proof to make to receive a meal if your stomach is growling. This is the premise of why we started. We serve the people. It is not a bread line. They come in, the tables are set, they sit down, and they are served graciously, as one would be in a restaurant. Again, this is part of the whole intent of this program.

Because we do not require personal data from our clients, we cannot tabulate specific needs for reporting purposes, such as the State is used to receiving. However, operating in our fourth year, a pattern has developed which lends insight into just who is using our program. Historically, our weekly caseload increases drastically from

the middle to the end of the month. This indicates to us that people on State and Federal assistance programs are using Lunch on the House of God to stretch or replace depleting assistance moneys and food stamps.

We feed older women; many of them appear to be homeless. There is no shelter in New Brunswick for women, although there is one for men. We have a shelter in Edison, but if you are a woman who for some reason or other is out of your home and New Brunswick is the only neighborhood you know, there is a lot of insecurity involved in moving, being shipped to a camp of a sort, and being told, "This is where you will have to live." Personally, I am very concerned about the homeless women, as well as the homeless men, in the City of New Brunswick.

We feed women and children. They are not the majority, but we do get women and children -- welfare mothers. We feed men who appear to be homeless. I might say that homelessness has a body. It usually wears three or four torn coats with no buttons, shoes either too big or too small, knit hats, and no gloves. Its hair is dirty and matted, and its body has not bathed for a long time. Its skin appears hard, crusty, and burned by exposure to weather. This is how we know that these people are homeless. You can identify them quite easily, as opposed to a person who is temporarily down on his or her luck.

These people could be mentally handicapped to some extent. We are not sure; because we do not ask, we do not necessarily know. There were people deinstitutionalized in the 1960s because they were not banging their heads against the walls. They were said to deserve to be free. They were made free, but they were not capable of taking care of themselves. We feel these people account for a great many of the people who eat at Lunch on the House of God. They are people who do not necessarily need to be institutionalized, but for one reason or another they are incapable of making good judgments on their own behalf. They do not know how to watch their money. They do not know how to preserve themselves from harm. They have lost their natural instinct of self-preservation.

At this point I would say I can understand the need for a group home because we have two men living in our church right now who

are, to all appearances, fine. There is just a slight bit of inability to care for themselves, yet they do not deserve to be in a Willow Brook or a State home or something like that. Group homes with adult counselors, a family environment, some guidance and leadership-- I can see taking these people off the street and these things being beneficial for them.

When you talk to some of the people we call the homeless, you find out they have served in World War II, they have served in Vietnam, they have had families, and at sometime in their lives they have carried on a normal existence. For one reason or another, life and situations crushed them, and I ask, "Are they to be forgotten because they are not like us?" We have homelessness caused by families being evicted from homes where the living conditions were so deplorable that, apparently, the city had no choice but to go in and close them down. As I understand it, they are given two weeks of assistance to find a place. I have never heard what happens to them after that two-week period. These people are mothers, children, aunts, and uncles, all huddled together for survival, and at a day's notice they are put out on the street. This happened during the past four months on Redmond Street, and now with the VIP Hotel here in New Brunswick.

We feed healthy young men who are out of work. The majority of them are members of a minority. These young men could, had they been given the tools and guidance needed when they were young children, be achievers today. Hasn't their environment nurtured a social handicap within them? Aren't we responsible for nurturing the best that is in them now to help them? Many of our clients, young and old, would work if they had transportation available to take them to the outskirt areas where day labor and blue-collar work is usually available. They do not have cars. They are not working now and they have no funds to buy a car. They might want to work, but buses go on very direct and straight routes, and although work might be available to them, they cannot get to it. I think it just compounds the defeatist attitude they have about themselves. "Why try?"

I think what we can do for them, besides providing assistance monetarily, is provide assistance to bring out the best in them, and not be a negative enabler in their lives, but a positive enabler.

We feed newly unemployed people, people who need temporary assistance to carry them over until they find another job. Lunch on the House of God provides a hot daily meal to human beings who, for one reason or another, do not fit into the normal scheme of life or who are on meager assistance. Yet, because of being human, they deserve to be treated with dignity and need to be assisted toward wholeness. We need to understand in a totally new dimension why there is homelessness, why there is hunger, and why there is not adequate, affordable, convenient housing for families and individuals in our urban areas. Thank you.

MR. GROVE: Thank you. Questions?

MS. SMITH: When children who normally eat lunch in school get out of school in June, do you see a rise in the numbers of children and families in the summertime?

MS. KELLUM: Definitely; in the summer we do see a rise in the numbers.

MS. SMITH: All right. So, that bespeaks a need for that program.

MS. KELLUM: Definitely, because during the school year they are being fed through school programs.

MS. SMITH: What about the number of elderly who present themselves at your program? Is that number high or low?

MS. KELLUM: We sort of look at it in two, maybe three categories. Approximately 65% of those who eat with us in a month's time are 35 years of age and under. About 15% would be called senior citizens, but somewhere in all of this are an awful lot of working-age people. Again, I have to keep going back to what we call a social handicap, either something was not given them when they were young to help them to move up and move on, or, as adults, they turned to drink, lost their homes and lost their families, crumbled, and now they don't have the fight or the will. That is what we call a social handicap at this point. That was one of the benefits when My Father's House was in town. That was the American Rescue Workers' shelter. We could take some of our homeless people and filter them over to American Rescue Workers. Their intention was to help the person as a whole. There is no sense running these programs if you are going to totally

enable an alcoholic to be an alcoholic, and a drug addict to be a drug addict. That is one of our concerns. We want to give meals where they are needed, but our overall concern is people as human beings; as creatures, as mothers, fathers, aunts, and uncles.

MR. GROVE: Thank you very much. Bob Turton, at this point I am going to suggest that we would like to see you this evening. We want to finish up with two other people who are here. Can you make it back about 7:15 this evening? Would that press you?

REVEREND TURTON (from audience): Is 6:30 too early for you?

MR. GROVE: I already have three people scheduled for 6:30, 6:45, and 7:00.

REVEREND TURTON (from audience): I am supposed to be someplace by 7:30.

MR. GROVE: Let's see what happens here in a couple of minutes. May we have Mr. Mark Williams?

**MARK WILLIAMS:** My name is Mark Williams. I am a student at The Open Door and also in an organization known as CASP, the Community Alcoholism Services Program. I am an administration student.

I am here to present some of the findings of The Open Door and CASP with regard to homeless, indigent clients who we see on a daily basis. We see clients from both the men's shelter in New Brunswick and the women's shelter in Edison and, also, homeless people off the streets. At least half of our clients are unemployed, and at least 25% of our clients receive no public assistance whatsoever. We serve one meal a day at The Open Door, and very often this is the only meal that these people eat.

One of the problems we are facing is that city welfare money, as of June, is going to be cut for shelter clients. Now if they attend the Open Door Program and are at the shelter, they receive \$129.00 in city welfare money. As of June, that money will be cut to \$89.00.

MS. SMITH: This is per month, correct?

MR. WILLIAMS: Yes, per month. The reason given for cutting back these funds is-- The belief is that the alcoholic is employable. Now, if one takes the premise that you are dealing here with the disease of alcoholism and you are dealing, very often, with a chronic

alcoholic, these people are not readily employable. The premise of the government is that these people are employable; therefore, they should not be given any public assistance. The problem is, it takes at least two or three weeks to get people on assistance, if you can reach them. The problem is that we cannot reach a good number of the alcoholics in the community. The Community Alcoholism Services Program that I work for is now attempting to do more outreach, but the problem is getting these people to the agency to get them the services. We have not been very effective in getting them on assistance to get them food.

There is no large supermarket in New Brunswick. These people are relying on corner stores where the price of food is very high. It takes a good chunk of their monthly allotment to shop in these places, and then they end up at St. John the Divine at the end of the month. We do have clients who work, but they are on very low incomes. They pay a large percentage of their money in rent. The problem is, they do not have money for food. With all the cutbacks, these people really have nowhere to go, nowhere to turn, except to go to a soup kitchen such as the one at St. John's. As I said earlier, very often the one meal they get at The Open Door is the only meal they will eat during a day.

Very often the people who end up at The Open Door have been employed at seasonal jobs and during the winter they get laid off. Maybe they were working on construction jobs, or maybe they had jobs in factories, but lost their jobs due to mechanization. So, these are some of the problems we face.

Basically, we are dealing with chronic alcohol problems amongst a large percentage of our population. We are also dealing with a younger population. We still have problems getting assistance for people and getting them money, regardless. That is about all I have to say.

MR. GROVE: Are there any questions?

MS. SMITH: How is your program funded?

MR. WILLIAMS: We have several grants; some of them are Title XX, the United Way, and SLEPA.

Ms. TUCKER (from audience): We receive private funds.

MR. GROVE: Please give us your name?

**RENEE TUCKER:** My name is Renee Tucker. I am also a student at The Open Door.

MR. GROVE: Okay. Please go ahead.

MS. TUCKER: We also receive private funds. I cannot think of any companies right now, but I can give you the information later.

MS. SMITH: I just wanted an overview.

MR. WILLIAMS: The Open Door is a private, nonprofit agency. We receive funds from United Way, Title XX, and a few other sources, such as SLEPA -- the State Law Enforcement Planning Agency -- which is for the juvenile program. There are several programs going on within The Open Door itself.

MR. GROVE: Are there any other questions? (negative response) Thank you very much.

MR. WILLIAMS: Thank you.

MR. GROVE: We have made a decision to go on past five o'clock. There are still two people we want to talk to this afternoon, and we promised both of them that we would try to get them in. The next person I would like to call is Ivory Braswell. Ivory?

**IVORY BRASWELL:** My name is Ivory Braswell; I am from the Ebenezer Senior Citizens Club. Our problems with senior citizens are all similar to testimony we have heard before. I am 86 years old. When we were able to work, we did mostly domestic work. There was no Social Security. Many of our members are on SSI, which pays very little. Many of them receive food stamps, and they vary. One month they will get \$10.00 worth of food stamps and maybe the next month they will get \$25.00 worth. It is just up and down.

Of course, most of our members are not able to keep up households. Some of them live with their children; some of them live alone, as I do. We have a saying at the center, "From the third to the fifth, we're rich." We come in with the joke, "What do you need today? What do you want today? I'm rich." Of course, after that it starts dwindling down. Along about the last of the month, all of us feel the sting because we are not so rich after the food stamps have run out.

We have no special help from the government other than from the Office on Aging under Title III, which furnished us with a 15-passenger bus and a part-time driver. We pick up the senior citizens, bring them to the center, and take them on recreational trips. Of course, that has nothing to do with food.

The point I would like to make is, we would like to be able to have a way to get food to some of our people, especially at the end of the month because that is when they really need it. As I said, most of us were not educated; we were not able to do special work. Most of the work we did was domestic and, in most instances, domestic workers were not given Social Security. For that reason, we are not eligible to collect Social Security like most people.

MR. GROVE: Do you have food available at the place where your folks come together?

MS. BRASWELL: Yes. There are several clubs -- nothing affiliated with the government -- which bring canned goods from time to time. They also bring clothing. We give out government cheese, butter, and the like, and in that way we are able to help people. We also give a noon meal once a week. What we have we give to people who need it, not necessarily just senior citizens. If anyone comes in there-- For instance, a lady was burned out the week before last. She had children, grandchildren, and herself. We gave her canned goods; we gave her clothing for the children and for herself. We will help anyone who comes there if we have anything we can help them with.

MR. GROVE: Are you connected in any way, or do your people in any way end up at Lunch on the House of God, The Open Door, or any of the other congregate feeding places in New Brunswick?

MS. BRASWELL: Do you mean any of our members?

MR. GROVE: Yes.

MS. BRASWELL: Yes, sure. Some of the men go there all the time. They have to go there because they don't have any other-- As I said, when the food stamps run out, they don't have any other place to go. I was in at the very beginning of this organization, and from time to time we send things up there. Sometimes we have a surplus. For instance, we get muffins and bread from the Thomas Muffin Company, and

sometimes we take some up there to them. Sometimes they send us things. We, the senior citizens, do a lot of canning in the summer and sometimes we send them canned beans, peas, tomatoes, and the like.

MR. GROVE: Are there any questions?

MS. SMITH: Are a lot of the people you deal with unable to eat certain foods because of dietary problems?

MS. BRASWELL: Yes, that is one big problem. I was listening to the man who said there is no place in New Brunswick to purchase food. Most of us are on a low sodium diet. I am myself. We can't eat any salt; we can't eat much fat, etc. That presents a problem for us when we try to buy the food we can get in New Brunswick at the prices they charge. As was said, this is on a sliding scale. The first of the month the prices are higher than they are at the end of the month. The first of the month we have to get it, and the last of the month we don't have anything to get it with.

MR. GROVE: Are you saying that in New Brunswick, also, prices are up on the first of the month and low at the end of the month?

MS. BRASWELL: That's right. The problem with our people, as I say-- Ours is a unique problem because we were not given a chance. It is not as if we were able to get the money. We have never been able to get the money. We have never been able to get the Social Security that other people get. We were never able to get the jobs that other people got because we were not capable of doing the work. We're too old to learn how to do it now, so we are just left there.

MR. GROVE: So we are clear for the record, the Ebenezer Senior Citizen Club is made up essentially of black people?

MS. BRASWELL: Yes, and we have some Puerto Ricans, or Hispanics. As I say, we give to everyone. We have quite a few Hispanics who come there.

MR. GROVE: Donna?

MS. ROSS: Ms. Braswell, in their testimony, a few people have already mentioned that there is no supermarket in New Brunswick itself. How far do people have to go for a supermarket and, in the case of senior citizens, how do they get there?

MS. BRASWELL: The nearest place is Foodtown, which is on Livingston Avenue.

MS. ROSS: Is that in North Brunswick?

MS. BRASWELL: Yes, North Brunswick. As I said, we have a van and we pick people up once a week to take them shopping. We can accommodate about a dozen people, which does not stretch the surface. If we get a call and someone needs to go shopping, we will take him or her. Then there are some people who are not able to go shopping. If they send us their lists, we have people who will buy the things for them and we will bring them back to them. You know, they can call us on the telephone.

MR. GROVE: Are there any more questions? Joseph?

MR. FORD: No questions.

MR. GROVE: Thank you very much, Ms. Braswell.

MS. BRASWELL: I'm sorry I was late, but the auditor decided he would audit my books today.

MR. GROVE: Thank you for being here.

MS. BRASWELL: Thank you.

MR. GROVE: Robert Turton?

**REVEREND ROBERT S. TURTON, III:** My name is Bob Turton, and I am an ordained minister. It is really Robert S. Turton, III. I don't want to brag about it, but my father was born in New Brunswick, and my grandfather had a business here. My mother was also born in this City and graduated from the hospital next door. I am saying that because I was told by one of the high-ranking officials in this City that they do not like people coming from out of town to tell them how to run the City. In the first place, we are not trying to tell anyone how to run the City. All we are asking for is our legal, religious right to function as a mission in New Brunswick.

I represent the American Rescue Workers, and I have the rank of Captain in this nondenominational mission church that broke off from the Salvation Army in 1884. Basically, we try to do the same things as the Salvation Army is known for doing, but there are reasons why we are a separate organization. I am involved in some other communities, but I will focus my attention upon our mission here in New Brunswick.

In January, 1982, we met with some leading citizens of the community to see what could be done to start a mission in New Brunswick. Harry Saul Near of Chicago's Pacific Garden Mission said that any city worth its name should have at least one mission. We are not a social service agency primarily; we are a nonsectarian Christian mission church that takes every part of the Bible very seriously, particularly the parts which refer to, "I was hungry and you gave me to eat; I was thirsty and you gave me to drink; I was a stranger and you took me in; I was sick and in prison and you visited me," and so on.

In January, 1983 -- I do not have a manuscript with me; I just wrote down a few notes because I was not quite sure what you wanted to hear -- we rented a 10-room house at 272 George Street in the City of New Brunswick. Although the mission is part of the National Organization of American Rescue Workers and also belongs to the International Union of Gospel Missions, each mission is a local entity. We have to raise our own funds and we do not receive any government funding. We do not want that because that would infringe upon our freedom of functioning as a religious organization. We rented this house after looking at many houses and being told that none of the places were appropriate. We functioned for 18 months at that address, and during that time we housed and fed 296 different people. Some were there for one night; some were there for several weeks. Each case was different.

Do not think that a mission is for derelicts only. It was a very good location because we were in close proximity to St. John's Church where Lunch on the House of God serves meals every noon Monday through Friday. We would serve breakfast every morning at the mission and supper, and then on weekends we would have meals Saturdays and Sundays. At the end of the first winter -- from January until May -- when June came, we were taken to court by the City of New Brunswick and accused of running a boarding house without a license. I don't like to get into controversial areas; it is not good for my diverticulosis, as my doctor said. When God and humanity show that there is a need for this type of ministry, not only in this City, but across the country, and zoning ordinances even allow you to carry on this type of a

ministry, why do high-ranking officials say, "Why do you want your mission in New Brunswick? Why don't you go to Highland Park, Piscataway, or North Brunswick?"

On Sundays, we would have a gospel meeting in the afternoon and people from the community would come in. Many would stay for the evening meal. This made it very comfortable. We heard this afternoon in some of the testimony how families, or mothers with children -- and that is a family even if it might not be a complete family -- are embarrassed about eating at a soup kitchen. But, when people go to a religious function in a Christian atmosphere, they feel quite at home staying to eat afterward. You don't have to coax them too much to do so.

Throughout the week we would have activities at night, rap sessions, fellowship times, Bible studies, and refreshments would frequently be served afterwards. This goes along with alleviating some of the hunger problems. Many people are much more hungry than we realize and even just a little sandwich and coffee or tea, or some cake and something refreshes them in the evening.

We have had people stay at My Father's House, which is the name of the local mission, from teen-age on up. I think the youngest was 17, or maybe 16 years old. He was homeless. The oldest was 85 years old, who, by the way, happened to have been a citizen of New Brunswick from early days. He went to school with my father and he had become homeless. He now lives in one of the senior citizen apartments.

We also give groceries to people who maybe come to a gospel meeting or a bible study, or who just come by the mission and say, "Well, we ran out of food. Do you have anything extra?" So, we feed some people, who take the food home to prepare.

I was talking to someone in another county last night at a meeting I attended. He said something about, "You know what 'NIMBY' is, don't you, with reference to missions, shelters, and similar programs?" I said, "No, what does 'NIMBY' mean?" He said, "Not in my back yard."

We were taken to court five times in the summer of 1983. When winter came again, in November, there were no more court

sessions. No more. The Bureau of Boarding House Standards acknowledged the fact that a mission is not the same as a boarding house. By the way, we would have had to spend -- I forget how much it was -- something like \$10,000 or \$12,000 -- I don't have the statistics with me -- to put a sprinkler system in this rented house if we were kept in the boarding house category. By the way, we cannot function with a boarding house license because if you have a boarding house license people are not required to attend any religious services. You have to post your fees, and we have no fees. You have to give people 30 days notice to get out. In a mission, if someone is disrupting the peace of the place and really not appreciating the privilege of staying at the mission, you do not have to give them 20 or 30 minutes notice to get out. We had a very good working relationship with the New Brunswick Police Department. They would bring people to us, and sometimes they would take people from us. The two hospitals would often send people to us. People would sometimes break down passing through the area, or maybe have an accident on Route 1 or the Turnpike, something minor. They would go to the hospital, get some minor treatment, be released, and really could not afford a motel for the night. Then the hospital would call and say, "Will you take these people in just for the night and give them a meal in the morning?" We served the purpose that way.

In fact, when the mission closed, our organ was stolen and the piano was taken into the back yard and broken up. The police said, "Don't go in the front door; it is fenced off." They took me up an alley I had never been up before, and on the way out, I fell down a manhole and had to go to the hospital to have my leg taken care of. While I was in the Middlesex General University Hospital Emergency Room, I was being asked, even then, to take someone into My Father's House, but I had to tell them it no longer existed.

We have found other locations in the City. If Assemblyman Schwartz was here now and if he asked me, "What one thing do you need?" -- it is not government funds, it really isn't. We are not asking for that. All we need is the right to exist in one of the buildings we locate in New Brunswick or vicinity. At the New Brunswick Theological

Seminary, some of the students went to their administration in September and sought permission for us to rent or borrow their former dean's residence, a lovely 14-room house, with eight bedrooms, a fire escape from the third floor, and wall-to-wall carpeting on the first floor. It was a lovely layout, with a chapel, parlor, dining room, kitchen, and three bathrooms. The zoning ordinance allows this type of function in that neighborhood. We have gotten repeated run-arounds from City Hall. Just to give you one example, we had to guarantee seven parking places on the campus of the seminary. Most people who come to a mission don't have a car to park. We do have a van, by the way, and we can carry about 10 people in it. Anyway, the seminary issued a letter guaranteeing seven parking places on the campus in close proximity to this particular house. We submitted that letter to City Hall, and a letter came back saying that we needed 14 parking places.

The zoning officer went through the house and said it was in fine condition and very serviceable. First we were told we could only house five people there. I spoke up and said, "We did not design the house nor build it, and there are eight bedrooms. If there are eight bedrooms, why couldn't we have at least eight people?" "By the way," I said, "if my wife and four children and I were transferred from Hightstown to New Brunswick to live in the house in order to run it, we would have to get rid of one of our children before we could operate the mission."

They finally agreed that we could have five people, in addition to the minister who would be in charge of the mission and his family. We were told to submit floor plans to the City; we did, drawn to scale, very beautifully done, but then we were given a letter saying that we had to have a licensed architect draw up the floor plans.

MR. GROVE: May I interrupt, not on your time, but just in terms of your topic. What we are now doing is dealing with a problem between you and the City, and I would really like you to keep yourself focused on what you are doing to help in terms of the hunger issue.

REVEREND TURTON: Okay.

MR. GROVE: We can't help you with your issue with the City.

REVEREND TURTON: Okay. Perhaps no one can. We are doing nothing in New Brunswick right now because we have no location.

MR. GROVE: So what you are suggesting to us is that you have something you want to do, but you are being blocked by a bureaucracy that is not allowing that to happen.

REVEREND TURTON: Right. The Chief of Police in Hightstown told me not to take anyone from New Brunswick into the mission homes in Hightstown. He cannot legally stop us if they come to Bethany and Gethsemane in Hightstown and knock on the door or ring the bell. However, he said that if New Brunswick does not want our mission in the City, Hightstown does not want New Brunswick's problems in Hightstown.

I would like to present things from a more congenial point of view, but I was asked by the Chairman of our local Board and a couple of people on our advisory committee -- we have a 15-member advisory committee and a six-member Board of Trustees for the mission in New Brunswick -- to present this part of it so the public will know why we are not functioning. We have a telephone that rings at One-Way Book Store in New Brunswick and people continue to seek help. We want to help, but we are limited.

MR. GROVE: Are there any questions? (negative response) We appreciate your sharing with us. I'm sorry we are not in a position where we can do anything to help you with what is happening between your group and the City. However, we appreciate your concern for the homeless and for feeding people, if you have the opportunity. We are also interested in what you spoke about in terms of the system, and we will take that into consideration as part of what you shared with us.

REVEREND TURTON: Thank you very much.

MR. GROVE: Thank you, Bob.

REVEREND TURTON: God bless you.

MR. GROVE: We will adjourn until 6:30, at which time we will begin again.

(AFTERNOON SESSION CONCLUDED)

## EVENING SESSION

MR. GROVE: This is the evening session of the New Jersey Commission on Hunger hearing in New Brunswick on March 13. We are using a pattern of 10 minutes of testimony per speaker. Please give us your name, spell your name, tell us what organization you are with, and what your title with the organization is. If you have written testimony, we would appreciate it if you would give it to us. At the end of 10 minutes, or before, we will ask questions. Thank you all for being with us.

Our first witness this evening will be Judy Miller

**JUDITH L. MILLER:** My name is Judy Miller. As I mention in my written testimony, I received notification of this hearing because I am Chairperson of the Maternal Child Health Division of the New Jersey State Nurses Association. The Association was asked to provide some testimony. I don't know if I officially represent them per se, but as a nurse, as a MCH specialist, and as someone who is concerned about these kinds of things, I am here.

When I first received notification of this hearing, I went to some of my colleagues in community health nursing and in MCH nursing and said, "Do you see evidence of hunger in New Jersey?" Most of my colleagues said: "In my caseload or practice, I do not see out and out hunger, but the people I see are already within the health care system." To me, that basically says if we have people in the system, we are probably able to feed them into various linkages and get them into some other support systems. I feel that perhaps among the most needy group would be the homeless because they tend not to be in our health care system.

One nurse I spoke to is working in a project in an area where there are a lot of deinstitutionalized people living in boarding homes. I share this particular perspective as perhaps a type of hunger. She worked with a resident of a boarding home who was anorectic. The boarding home staff obviously did not have the background to deal with that kind of thing. There was food there, but the person didn't eat it. So, the nurse worked with the staff and, in

essence, they learned how to deal with the situation. In this particular example, I would say that a type of hunger was dealt with by teaching the people on the staff how to deal with that kind of a situation. I think there are probably a thousand other examples that could be derived from the deinstitutionalized population.

As I thought about the hunger situation in New Jersey, what I, as a maternal child health nurse, became most concerned about was, what are the implications? That is one of the other things in the notification of the hearing, "What are the implications of hunger?" I think the implications for New Jersey, and for the country, are very, very far-reaching. Take a pregnant woman. If nourishment is not adequate, fetal growth and development are not going to be adequate. Toward the last trimester of pregnancy, you have brain development going on at a very high rate, and if you don't have the right kind of nourishment, you are going to end up with a child being born who does not have the capability of ever developing full potential. Particularly during that last trimester of pregnancy you need proteins in your food. I am not so sure that food kitchens, or whatever kind of emergency food mechanism takes place, are really able to provide that kind of food. There are low-cost proteins, but for the most part protein is kind of expensive.

Also, if you take the developing child, during that whole first year of life there is tremendous growth taking place and, again, brain growth is going on at a very rapid pace during that period of time. We have seen, through some of the other supplemental food programs, that if people do not get adequate calories and adequate nutrition during that period of time, they are just not as smart as they could be. They are not able to cope with life as well as they could. That is a permanent kind of a thing; you cannot make up for that brain growth later on.

Again, if a pregnant woman does not get adequate food and nourishment, there are certain consequences, two examples of which would be a lower birth weight and intrauterine growth retardation, usually known as IUGR. These are examples of kids who, as they are born, have a higher rate of mortality and morbidity. Again, just

simple, adequate nutrition sometimes makes a very big difference with these people.

MR. GROVE: Excuse me, Judy. Mortality I understand, but morbidity I do not.

MS. MILLER: It means increased illness, sickness, that kind of thing.

I am not only talking about individual infants' growth, but the implications to us as a society. We do not have people who can be as productive as they might be. We have people who, in the long term, end up having many more problems in school, and they might not be employable later on. If you really look at it from a cost standpoint, it is ongoing and phenomenal.

In each one of us there are millions and millions of cells, and each cell is very dependent upon proper nourishment. Without that kind of nutrition, I believe the implications are very simple and very major. That is the end of my testimony.

MR. GROVE: Thank you. Are there any questions?

MS. ROSS: Yes. I'm wondering, in your work as a maternal and child health nurse, are you working with low-income women and children, or women and children in general?

MS. MILLER: For the most part, in my particular agency, I'm working with low-income women and children and the people who are able to work but are not able to afford the usual health care -- the working poor, so to speak.

MS. ROSS: So, in your personal work, are you saying that you have not seen particular instances of hunger?

MS. MILLER: Right, because we have gotten people into the health care system. As a result, we get them into, for example, the W.I.C. Program -- the Women's, Infants' and Children's Program. We are constantly fighting a financial battle with that in order to have enough money, and it is still not enough. There are a lot of women, infants, and children who receive food supplements from the Program, but it is strictly a budgetary kind of thing.

In our particular agency, and I know in some other agencies, they are now beginning to make some inroads into the homeless

population, although I think there is only beginning to be a plan for those kinds of people. I don't even work in what is considered one of the 10 high risk areas of the State. We have our pockets, but our County is considered relatively okay, as far as my own practice goes.

MS. ROSS: You talked about some of the growth problems that are related to nutrition. What about iron deficiency anemia? Is that something you see in the young children you work with?

MS. MILLER: Quite a bit. Part of that is a matter of educating the parents; part of it is a matter of cultural influences or economic influences. You can teach people certain patterns. Again, we try to do a tremendous amount of screening and education. I think in some of the public health programs there is a better influx of information to the families. We do a lot of screening very early, not only for iron deficiency anemia, but also for lead intoxication. There is a very good program throughout the State for that. Again, as you get people in for these programs, you steer them into the other systems. My own personal and professional concern is for people who are not in that kind of a system.

Recently I was sitting at a meeting next to a woman who, in the county I work in, has been hired part-time to develop some sort of a program for the homeless in the county. So, we will be talking with her as far as the health needs and the health facilities that are available.

MS. ROSS: Did you mention what county you work in?

MS. MILLER: I work in Monmouth County.

MS. ROSS: Okay, thank you.

MS. MILLER: I live in Somerset County and I am representing MCH nurses in general.

MS. ROSS: Thank you.

MR. GROVE: Joseph?

MR. FORD: No questions.

MR. GROVE: Judy, one of the questions Assemblyman Schwartz asked earlier today, which I think is one we might want to begin to ask people, is: If you could get one thing from the State government at this point, if there was one program, one particular request you could make, what would it be?

MS. MILLER: I guess I would ask for more nutrition and more nutrition education dollars. We have some in the State, but the ability to get that information to more people is important. I think that could happen in a variety of ways. I believe there is often the feeling that most health care dollars go through the traditional medical or hospital system. There are a lot of not only nursing individuals, but also nursing agencies that are able to really work in the community per se. There is not always good support for that kind of thing. We can do a tremendous amount of work by supplementing all of the other services that go on, and increasing the compliance and motivation for people to get out there.

MR. GROVE: If you, in your travels, in the work you do, run across someone who is malnourished, who is not receiving adequate food, what do you do? Where do you send them? Who do you connect them with?

MS. MILLER: Personally, the first thing I connect them with is a visiting nurse agency, which will then get them into the food care system and into the medical system.

MR. GROVE: What food care system might they get into?

MS. MILLER: Usually the W.I.C. Program. Because I am personally dealing with the maternal child health population, that has been a very good source of nourishment. Again, we are trying to get the right kind of nutrition -- high iron foods, proteins, calories, that kind of thing. The W.I.C. Program provides nutrition education; they can't buy junk foods. It's Federal money, but it is managed throughout the State.

Colleagues of mine who work with the elderly try to get them into other kinds of programs, such as mobile meals, or something like that. Other colleagues will steer people into any service they can get them into, whether it's some sort of financial aid or the soup kitchens. Community health agencies, particularly nursing agencies, tend to know all of the very minute services that are available, and they just steer people into them.

MR. GROVE: Okay, thank you.

MS. MILLER: I know there are people out there who may have money for one meal a day, but is that adequate? To me that's hunger.

MR. GROVE: Thank you very much. May we have Sister Estelle Bobrowski? Please be seated, Sister. We're asking everyone to state their name, to spell their name because we need that for the record, and then to tell us the organization they're with and their title with that organization. You may give testimony up to 10 minutes. If you have written testimony, please give a copy to the ladies, and then we would like to have the privilege of asking you some questions.

**SISTER ESTELLE BOBROWSKI:** Okay, thank you. My name is Sister Estelle Bobrowski. I am the Administrative Director/Executive Secretary of Mount Carmel Guild of Trenton. Our agency is a private, nonprofit agency under the approval of the Diocese of Trenton. We have been in existence for 65 years serving the needy in the area. One of our programs is emergency assistance and basically we have a large food pantry. Other programs are our home health care and our day care for three- to five-year-old youngsters of Title XX eligible parents.

I have two sets of written testimony, my own and that of Beverly Mills from the Trenton area soup kitchen. I will give copies of those to the ladies.

MR. GROVE: Thank you.

**SISTER ESTELLE BOBROWSKI:** You're welcome. There were two questions you asked that we addressed, and one of them was: "Who are the poor you see?" In all three programs, we see the hungry. We see people who are hungry. Evidence of hunger in a child in our day care center was the fact that every Friday and Monday, one of our children would eat double and triple portions of food at breakfast, snack, lunch, and afternoon snack. The only conclusion we came to was that there was not sufficient food on the weekend for that child, and his natural bent was to eat when the food was present. We have the Federal Nutrition Program for the children so that each day they receive the full complement of nutrients they need. If they got nothing when they got home, it was still okay. We serve 33 youngsters in that program.

We see a definite problem of hunger with some of our senior citizens and the ill in their homes. In some cases, they are alone. Their support systems may be minimal or, at best, sporadic. Therefore, sometimes they are given enough to eat, and sometimes they are not.

I think the program that addresses the hunger issue is definitely our Emergency Assistance Program. We call it emergency assistance because basically we try to limit it to emergency situations. Emergency situations can occur for some people every month because their grants from welfare, whether it is county welfare or city welfare, are not sufficient. In many cases, these are people who have been on the welfare rolls for a long period of time. However, we see many people, and more and more it seems that people who have never been on welfare before, who had jobs, and had been in the job market for years, through circumstances beyond their control -- either the fact that a company moved or eliminated their jobs, or because they became ill and were not able to continue in the jobs; a variety of reasons such as that -- are now in a state where they have no means of support, or very little means of support, and they can be hungry. They must choose whether to eat or to pay the rent.

One of the difficult things can be someone who is ill. If someone is just out of the hospital and too ill to really function well, having been in a hospital, they begin to receive bills from doctors and from the hospital. Even though they have coverage of some kind, the bills still begin to come in. What happens after a few weeks or months is, the next time a bill comes in there is a little notice that says, "Your bill will now be sent to a collection agency." The following time the bill comes in, when it hasn't been paid, the statement perhaps is: "There will be legal action." They then panic and take whatever money does come in to pay off the bill. Hundreds of dollars go toward the bill, and there is no money for other things, including rent and food. More often than we care to admit, some of them have to make a choice as to whether or not they eat, or eat well, that particular month.

We see many causes for this, anywhere from alcoholism, to mismanagement, to the facts that I have already mentioned, where the welfare grants are simply not sufficient for them. For example, at a meeting of a group of people in preparation for this testimony, I gathered together the people or the agencies that I knew served the hungry in our area, Mercer County. One of the welfare workers told us

of a case she had just handled before she came to the meeting. The grant was \$295.00 and the woman's rent was \$290.00. How does a woman with two children function on that kind of a grant? Food stamps only take care of food; nothing else can come out of that. You cannot buy soap, tissues, or any of the other things that go along with it. Where does she get the money in that kind of a situation? She is in the kind of position where that is all she is going to be able to get because of the category in which she falls. So, it is not a case of saying, "Well, we can take it to a higher court," or a hearing, or whatever. That's it. The guidelines say this much, and that is all she is going to get.

The result of that is that they depend upon agencies such as ours, the soup kitchen, and the Rescue Mission, at times, to feed them. I was astounded to hear today -- and I am sure you will hear this testimony at another time -- that the Rescue Mission is serving 400 people at breakfast and 400 people at dinner every single day. The soup kitchen is serving another 200, 300, or 400 people a day. So, we have a real hunger problem in the City of Trenton and in the greater Trenton area.

What we do about that problem, I think, should include the fact that there must be some other way to help the people who fall between the cracks, such as the woman with the \$295.00 grant and the \$290.00 rent. There should be a way in the system that allows for some kind of flexibility so that people who fall between the cracks can be helped, and so that the private agencies are not depended upon to do something. It is nothing short of miraculous that we can do the things we do; it is only through the generosity of people. That generosity is not something we can depend on all the time. It may dry up; it may disappear. So, I'm suggesting that that is one of the problem areas. I also suggest that the Commission, besides hearing testimony, if at all possible, get to the sites where people are being fed, whether it is a congregate feeding site or one such as our own, where we give an order of food, or a couple of bags of food, to a family to cook in their own dwelling. For example, if you are on city welfare, you receive \$127.00 a month and \$75.00 in food stamps, at the maximum.

The rent for a room can be as high as \$100.00 or \$120.00. Usually if you rent a room, you have no way to cook, so your food stamps have to be used to purchase food at a local restaurant or a local store. This becomes a real problem for a person on a welfare grant from the city.

There is much in my written testimony that can possibly help with some of the things we are talking about here. I think the other population that was alluded to in previous testimony was the chronic mental patient who has been deinstitutionalized and who is on the street. We have a woman who is about 50 or 55 years old, a chronic schizophrenic. She is periodically hospitalized because when she is not taking her medication, as is very frequently the case, her behavior is so bizarre that people cannot keep her in any kind of a shelter situation. She has been put out of boarding homes, rooming homes, rooms, and apartments. She has taken up residence with all kinds of people. Finally, in the very coldest portion of the winter this year, she had no address. She was sleeping in a pew in one of the Baptist churches. Nutritionally, I am sure she has been hurt a great deal because her Social Security, or whatever it is she is receiving, is gone very, very quickly because it is either stolen or, in some way, unscrupulous people get her money and her things. She walks around with whatever she owns, just as you hear about bag ladies, with everything they own in a paper bag or in a satchel. This woman I am talking about is frequently in that situation. I can't tell you the number of times we have given her shoes, clothing, food, and in five days she is back in the same situation. Every agency in the City knows her; every agency tries to work with her.

Another aspect of the chronic mental patient is, they have a tremendous amount of fear and they hide. They are literally recluses in the street. That sounds like a contradiction in terms, but they can hide so quickly and so thoroughly that you can't find them, unless they wish to be found. They cannot be treated unless they wish to be treated. Most of the time, until they have a schizophrenic incident that will cause them to end up in a hospital, they are not treated, and they are hungry.

That is about all my testimony for now.

MR. GROVE: Okay. Let me just indicate that your written testimony, and the written testimony of Beverly Mills, will be made a part of the record.

I am aware that I forgot to introduce who we are. You have done a nice job of telling us who you are, but I need to do that for everyone. Joseph Ford is a member of the Hunger Commission and is from Bread for the World; Leslie Smith is a member of the Hunger Commission and works with the Center for Food Action; and, Donna Ross is a member of the Hunger Commission and she is with the Head Start Program in Newark. My name is Terry Grove and I work with Church World Service Crop as the Director in New Jersey. I am the Chairman of the Hearing Subcommittee.

Now that we have done that, we may want to ask you some questions.

MS. SMITH: In your emergency food program where you give out food for people to take home to cook, do you have any numbers as to how many people you distribute food to on a weekly or a monthly basis?

SISTER ESTELLE BOBROWSKI: We serve approximately 150 families a month. That may be 500 or 600 people, depending upon the number of people in the families. Ninety percent of the people who come to us are in need of food, and they receive food.

MS. SMITH: It has been testified to previously that in emergency food situations in families, a preponderance of the people are single-women heads of households. Are you experiencing that same situation with the people you see?

SISTER ESTELLE BOBROWSKI: I would say that is quite accurate, yes.

MS. SMITH: Also, around what time of the month do you find that people's benefits run out among the people you deal with?

SISTER ESTELLE BOBROWSKI: Almost like clockwork, it is the middle of the month, from the middle of the month to the end of the month. The first part of the month we see, perhaps, 30 people, 30 families, or 30 persons representing families. During the last two weeks of the month, we see the rest of the 150 families. We also have started to outreach into the community, in the sense that we go out to

some of our clients. Our staff is now spending about 70 hours a month visiting with clients we already know, clients who have been referred to us, or people who other clients have referred to us. As we go out into the home of one client, it might mean visiting two additional clients, people they know who are nearby, who are ill, who are home-bound, or who have a problem.

MS. SMITH: Thank you.

MR. GROVE: Joe, do you have a question?

MR. FORD: You mentioned alcohol and mismanagement. I think you referred to them as causes of some of the problems you described. Is that in fact the case, or could you also characterize these as manifestations of something else?

SISTER ESTELLE BOBROWSKI: I see alcoholism as a disease of the family. One of the most severe results of a case of alcoholism is a complete alienation from the family; also, the loss of a job, and a person who becomes completely dependent. So, yes, I see alcoholism as a cause. The treatments for alcoholism are so varied and there are so many treatment modalities being brought to bear right now, that I don't really know the causes beyond alcoholism.

MR. FORD: But, alcoholism might also be a result of unemployment or poverty.

SISTER ESTELLE BOBROWSKI: Certainly.

MR. FORD: In that sense, it is a result; it is not a cause.

SISTER ESTELLE BOBROWSKI: But not necessarily, because many of the people I see as alcoholics were once well-settled people with good jobs, with families, and with good incomes.

MR. FORD: So, it might be both ends.

SISTER ESTELLE BOBROWSKI: Yes. I see very few people who were poor before they became alcoholics. There are some, but not as many as there are people who were not.

MR. GROVE: Donna?

MS. ROSS: You mentioned, I guess throughout your testimony, different types of people who participate in your Emergency Food Program. Unemployed people was one type. You talked a little bit about food stamp recipients. Can you give us some indication as to how

many of the people you are seeing are experiencing a chronic, recurring problem, and how many people are there where it is just a temporary emergency?

SISTER ESTELLE BOBROWSKI: It is difficult to say in numbers, but if I had to give a percentage I would probably say that at the present time about 50% of the people are pretty much the chronic welfare clients who have been coming to the Mount Carmel Guild off and on for years. We have about 800 people or families on an unduplicated count. You might call them regulars or clients of ours, and yet we are seeing as many as 45 to 50 new people, new clients who we have never seen before who are now coming to us. Others drop off and disappear. But, it is very difficult to say because we had a distinct increase in the number of people coming to us for food in 1982 and the beginning of 1983, when some of the jobs disappeared; people were out of work who had never had to come before. There are some people who are still in that situation. They had never been on welfare before, but now they have to be on it.

I think there is another population, too, the welfare persons who cannot afford to work because their skills do not permit them to get the kind of a job that would allow them to take care of their families as well as they can with the welfare and Medicaid they receive.

MS. ROSS: Thank you.

MR. GROVE: Thank you very much, Sister, for being with us tonight. May we have Judith Mosley next? Judith, what we are asking people to do is to be seated and be comfortable, to give us your name, please spell it, tell us the organization you are with, what your title or position with the organization is, and then proceed with your testimony. If you have written testimony, we would like to have copies of it when you are finished.

**JUDITH B. MOSLEY:** My name is Judith B. Mosley. I represent the Good Samaritan Shelter in Somerville, New Jersey. I am on the committee that has been working on getting the mechanics together to provide shelter for the homeless in our area. Mainly, I am going to be speaking today about the homeless and their need for food at this time.

In hearing Sister's testimony before, I would agree with her that a lot of the people we see are single-parent families with children. A large number of those are single women with children. Nationally, about 90% of all the new poor are women and children. The question is, why are there so many homeless? Some of the reasons are: the rising cost of housing; the high interest rates; people living longer, retiring, and staying where they are; more of the so-called "yuppies" living on their own and taking up available housing, instead of staying with their parents; and, more families breaking up than have broken up in the past.

What we find in Somerset County is a large number of what once were considered upper middle class women who are finding themselves in the position of not having their homes anymore for many different reasons. They are left without skills and jobs, left without husbands and the support they had, and they just do not have a place to go. They have not been trained to do the type of work they need to do in order to go out and make a living and support their children.

I also work at our food bank in Somerset County. Most of the people we feed there are women and children. Second in line to them are the elderly, and the ones who come after that are the single people. We feed approximately 35 to 40 families per week and, again, from the middle of the month until the end of the month is when most of them come for the food.

MR. GROVE: For clarification, regarding the food bank you are talking about, is that the Food Bank Network in Somerville or is it a separate one?

MS. MOSLEY: No, that is the Food Bank Network in Somerville.

MR. GROVE: Okay.

MS. MOSLEY: We had an example in our area of a woman who-- She and her husband did not have a home. They were living in a motel. Both of them were working, but they were just barely able to scrape together the \$150.00 a week it cost them to rent the motel room. At some point, the man in the family left, and he took the car. This left the woman with the children in a motel room with no way to get back and forth to work, which was at a minimum wage job. We find that when

a woman finds herself in this position, the first thing she makes a cut in is her food bill. When she can't pay for the food, then she starts cutting into the rent money. Before you know it, there is no food money, there is no rent money, and she finds herself out on the street.

We had a case, at a Thanksgiving dinner we were giving, of a woman living in a car with six children. I just don't understand how a woman could live in a car with six children, and feed them. There just isn't any way you can do that. We have had that happen before, where we have just found them living in cars, pick up trucks, and those kinds of things; they were just living hand to mouth the best way they could.

Part of the problem is, as we all know, women do not earn the same salaries as men, and our welfare system, the way it is set up, is an all or nothing program for these women. In other words, you have to be completely on welfare. Once you get a job, your welfare benefits are cut. When you are in a minimum wage job, there is no incentive to get off welfare and go to work. So, one of the things we have discussed in this committee is a way to get these people back on their feet. Is there a way to provide welfare, let them work at their minimum wage jobs, and keep the Medicaid? The minute they get a medical bill, or something happens at school, they can't handle it, so they just stay on welfare.

Also, we need to see some supportive day care centers for these women. This is another area that would help them greatly.

In our area, a big source of support has been business volunteer organizations and churches. It costs approximately \$30.00 a night to keep these people in a motel. In our shelter area, we are keeping them for approximately \$12.00 a night, and they also have an area to cook their food. They have mutual support. People are in there giving them the individual concern that a social worker who has a caseload of 125 or 150 people can't give them. So, our shelter sees a very definite role for individuals to play in bringing these people some of the care and concern they need.

The food bank provides these people with already made-up dishes. Then all they have to do is take the food and put it in an oven to prepare it.

That is about all I have to say. I have some facts and figures about the number of people we served during the last year, what types of groups they came from, and if it is a family group, how many are in the family group, the single people, and the different programs. This was prepared by Catholic Charities in Somerset County.

MR. GROVE: It would be helpful to us if we could have a copy.

MS. MOSLEY: Yes.

MR. GROVE: Thank you. Are there any questions? Joe?

MR. FORD: No questions.

MS. SMITH: Is the shelter you are talking about a shelter for families?

MS. MOSLEY: We have sheltered both families and single people in our shelter.

MS. SMITH: So, if a woman and her children were disenfranchised of a home, or whatever, there might be a place for them in your shelter?

MS. MOSLEY: Yes.

MS. SMITH: What we have been hearing all day is that the shelter situation for women and dependent children is almost nonexistent in most areas. That is why I wanted to emphasize the fact that you do shelter families.

MS. MOSLEY: Yes. What we have found is, women who are on welfare-- Once a landlord finds out that a woman is on welfare and that she has children, he really would prefer not to rent to her. So, it takes them a longer period of time to find an apartment they can live in.

MS. SMITH: Have you noticed any evidence of more sickness or nutritional problems in the children you see at the shelter?

MS. MOSLEY: I can't speak to that. Something I do know that has become a major problem with these children is how to school them. Since they do not have an address and they are just kind of out there in society somewhere, when it comes time to give them schooling, the municipality they are in doesn't want to pick up the tab for taking them in and educating them. Their old school district doesn't feel

that it can do it; besides, there is no way to get them back and forth to their old school district. We had a nine-year-old girl in our area who, as of February, had not been in school yet due to that reason.

MS. SMITH: How long can a family stay in your shelter?

MS. MOSLEY: We give them seven days, but we have always broken the rules when we could. We are going into new quarters on July 15, and we want to extend that time to 30 days. That rule will probably bend also because it is just so hard for them to find shelter.

MS. SMITH: Thank you.

MR. FORD: Have you looked into the legality of landlords refusing to rent to single women on welfare? Do you know of anyone who has done that?

MS. MOSLEY: I don't know anything about the legalities concerned.

MR. FORD: I know there are ways to conceal that, but when it is not concealed, when landlords are just open about it, it would seem to me that someone ought to--

MS. MOSLEY: (interrupting) What we found with these people is, there may be avenues for them to use in order to find redress for their problems, but many times they do not know those avenues and they really don't have a way to connect with them. A lot of times -- to be honest with you -- we have found that they just do not have the stamina to do it. They are so involved with just making it from day to day, that to take on something like reporting that a landlord has done them wrong -- they just can't do it. That is another role we see ourselves in when providing for the homeless. We try to see that they get whatever they deserve and what they qualify for. But, most of them don't know that to begin with.

MS. ROSS: Just for clarification, is your shelter in Somerville?

MS. MOSLEY: Yes, it is.

MS. ROSS: When you say the children are no longer in their old school districts, do you mean that they are coming to your shelter in Somerville from some other municipality?

MS. MOSLEY: We find that all of the people we shelter are from Somerset County. It is not as though they are coming in from Newark.

MS. ROSS: Right, but they are not necessarily from Somerville?

MS. MOSLEY: They are not necessarily from Somerville, right. However, I would say they are mostly from Somerset County.

MR. GROVE: Are there any other questions? (negative response) Thank you very much. We appreciate your coming. Thank you for submitting your statistics.

May we now have Mr. Seth Grodofsky? Seth, please be seated, and give us your name, spell your name for the record, and tell us whether you are representing yourself or an organization. Then please share with us what you would like to share.

**SETH GRODOFSKY:** My name is Seth Grodofsky. I am not representing any organization. I work in a restaurant and, as an individual, I ask the cooks for all the chopped up broccoli stalks, and things, and rice. I ask them to put them in containers and put them into the refrigerator. Then I take them down to the soup kitchens. I have worked in restaurants for six years and not only have I seen tears in the eyes of workers who are making \$4.00 an hour when they see cheeses and fresh bread going into the garbage, but I know that these people know hungry people who could use it.

I also talked to Margaret Heart. She investigated with the Health Department, which said that not only could raw food be used, but already cooked food could be used for soup kitchens and places like that if it was refrigerated in time.

I am wondering whether any kind of an effort could be made, with just one van, to go around to places like Foodtown, which throws out an immense amount of food. Restaurants and the cafeterias at Rutgers throw out a tremendous amount of food. Could there be some kind of a bank where cooked food could be brought in, or even raw food that is not used, such as broccoli stalks, with information on how to cook it? That is what I did with people in my neighborhood. I just brought bags of broccoli stalks and they used it all week. It seems

that with a minimal amount of effort-- No, it is not a minimal amount of effort, but if there was maybe a centralized unit where a van could go around and pick up food--

People should become aware of how much food is thrown out at these restaurants and how lucky they are if they can go to eat at them. They should be made aware that there are people who are not eating. I see so much food being thrown out, especially when I work. That has always been utmost in my mind as a restaurant worker.

MR. GROVE: What you are suggesting is the possibility of the State, the city, the municipality, or whatever, providing a sort of food recycling program and the transportation it would take to pick up the food, take it to a center, and then distribute it.

MR. GRODOFSKY: Right.

MR. GROVE: What you are finding is that the food is available--

MR. GRODOFSKY: (interrupting) Very much so.

MR. GROVE: (continuing) --but there is no system to pick it up and preserve it so that it can be used.

MR. GRODOFSKY: Right. The main trouble I have is that I have no transportation. I have no cars. I lug 15, 20, or 30 pounds of broccoli and stuff, and it is fine. But, if there is a mandate or something by a municipality, with a hired person to work as a van driver, I think it could be something that could be administered, if the officials wish it to be.

MR. GROVE: Are there any questions?

MS. SMITH: Just a point of information. If you want to learn more about a system like that -- and for the record -- in New York City there is an organization called "City Harvest," which does something very similar to that. They work with the restaurants, and they have trucks going around doing these very things. That is a piece of information for the benefit of the Commission, as well as for you. I can tell you more about it later if you want to see me.

MR. GRODOFSKY: Yes, I would like to obtain some information. That would be great.

(a gentleman speaks from the audience)

MR. GROVE: Yes, sir? Please identify yourself.

**JOHN TARPEY:** My name is John Tarpey. I write for a newspaper, but I also work in food warehouses.

**MR. GROVE:** All right, John. What is your last name?

**MR. TARPEY:** My last name is Tarpey -- T-A-R-P-E-Y. There is a food bank that comes around from time to time, not very often, but it picks up out-of-date food from grocery warehouses.

**MS. ROSS:** Where?

**MR. TARPEY:** When I worked at a warehouse in Edison, damaged cases were turned over to some organization called "The Food Bank."

**MR. GROVE:** Are you talking about the Community Food Bank up in Newark? It is a part of the Second Harvest Program.

**MR. TARPEY:** Perhaps, yes.

**MR. GROVE:** I think what Seth is talking about are fresh kinds of things. I think you're talking about-- The food bank is largely prepackaged, canned, damaged goods, and so on.

**MR. TARPEY:** Right, okay.

**MR. GROVE:** What we are talking about here is the possibility of picking up food which is coming out of restaurants that has already been cooked, but which could be refrigerated. That is a different system.

**MR. TARPEY:** I see, okay.

**MR. GROVE:** That was helpful though, thank you. Seth, thank you very much for your idea and for your suggestions. We appreciate it. Thank you for being with us.

Judy Miller would like to say something else. Judy, will you please come down to the microphone if you are going to speak for a while. It is easier for us to pick it up for the record.

**MS. MILLER:** Let's say this is unofficial, just observations, okay?

**MR. GROVE:** Oh, no; there is nothing unofficial that takes place here.

**MS. MILLER:** This is unofficial; I am not representing any particular agency in saying this. But, listening to some of the other testimony, I have heard of situations-- I can't tell you exactly where, but people with no address have been turned away from health

care, for example. I know my particular agency would not do that, but, as I said, I have heard that this has happened. And, if they don't have an address, they might be turned away from a particular food program, not the food bank or food kitchen kind of a place.

Also, Sister talked about people who, if they wanted to try to work in order to get enough money to have food -- this kind of a thing -- many times it became economically impossible for some of these women to get off Medicaid. In my agency, we happen to participate in a Federal AFDC project. Several places within the State were involved in this particular project. We found if people were going to try to get off welfare and get into this program to learn how to become home health aides, it actually had to specify they would stay on Medicaid for about a year because they just couldn't afford to get off welfare and survive. If you are the working poor, you simply cannot do that. It is a very, very real fact, and these projects around the State have been identifying that particular thing.

MR. GROVE: Thank you. Our next witness will be Anita Hoynes.

**ANITA HOYNES:** Hi, Terry.

MR. GROVE: It's good to see you. Anita, we are asking everyone to give their name and to spell it. Also, please tell us the name of your organization and what your title with the organization is. Then you have 10 minutes to share your testimony with us, after which we will ask questions of you.

MS. HOYNES: Fine. My name is Anita Hoynes. I am the Director of the Dunellen Area FISH organization, which is a church emergency service organization sponsored by 27 churches. We provide food in nine municipalities.

I am also the convener and the current clerk of the Task Group for Domestic Poverty Concerns for the New York Yearly Meeting of the Religious Society of Friends. The New York Yearly Meeting covers the States of New York, half of New Jersey, Vermont, and Connecticut.

I guess the reason I came tonight, though I thought of avoiding it, is because I have been told by both of my organizations that I really should be here, and not just send in a written report.

It is hard for me to divide the kinds of work the two organizations that I am responsible for do, so they will kind of overlap in a sense. If you have questions as to who does what, you can ask me that because it might get a little bit confusing.

The FISH organization has been in operation since July, 1970 and we have been providing church emergency service for the area of Dunellen, Middlesex Borough, Piscataway, Green Brook, the Township of Somerset, and the City of Plainfield. We cooperate in running two soup kitchens in the City of New Brunswick.

We have about 350 volunteers; we are all volunteers. Some of us are full-time and some of us are part-time. Over the years, we managed very well with what the churches brought in. We had Poverty Sunday once a month; everyone brought in children's clothing, or whatever, and we were able to take care of whoever needed help. But, when the budget cuts began, within the first three months, our caseload in this particular area for FISH, Inc. tripled. We now have 1,700 families in which there are approximately 4,000 children who are dependent for some of their food and all of their clothing upon our clothing banks and our food program.

We distribute the government's cheese and we distribute some of the other commodities that Marguerite Chandler's group and Leslie Smith managed to get us involved with, which come out once a year. This is perhaps 1/16th of what we distribute, I would say. The rest of it is delivered to families; most of the families require deliveries since they do not have transportation. They are very poor; they have totally inadequate food stamps and totally inadequate welfare payments. Or, they are the working poor and have totally inadequate medical coverage. One of the biggest problems is the fact that they have to give their money to Public Service and the landlord, and they do not have anything left to buy food and, of course, the food stamps are totally inadequate to serve their needs.

So, we deliver food that is brought in by people in our 27 churches every Sunday. We are constantly running promotion programs within the churches to encourage people to bring more. We have groups standing outside of supermarkets all day on Saturdays with a basket,

passing out leaflets and begging -- the deacons from the Presbyterian Church in Middlesex, the women's group from the Baptist Church in Piscataway, and various other groups. Right now, the Boy Scouts from Dunellen are going to do a door-to-door begging program within the Township of Dunellen in order to get food to meet some of our needs.

In addition to all of these supplies, we spend about \$700.00 a week on foods that are needed, especially special diet foods for the sick. One of the biggest problems that has always plagued the poor is that the sick poor, who require more expensive food and specific items, are never taken into account by the Food Stamp Program as needing more than other people who might not have any of these problems. This is a very grave situation.

One of the major problems that plagues us now, that did not plague us about two or three years ago-- I am not very good about stating the exact date on which problems began; I can describe them, but if you need dates you will have to check back to see when these horrendous things were put into effect by the government and by the welfare offices. But, at the moment, one of the worst problems we face, which we hear from our hotline -- which operates 24 hours a day, seven days a week, with volunteers -- is that if someone is eligible for the small amount of services that exist in the way of food, say, food stamps-- We had about 16 people call in today with this problem. They were told they were eligible for food stamps and they were going to get food stamps, but the Welfare Department social workers are now given 31 days to complete their paperwork before a person has to be served initially. Unless someone can make a tremendous case that these are exceptionally needy people, that they just don't have food, and that they do not have any voice with which to explain their terrible emergency, which most of our clients do not -- they are not terribly articulate or knowledgeable in dealing with a bureaucracy -- these people just go by the wayside for several weeks.

We find, also, that one of the sins which I consider cries to heaven for vengeance as oppression of the poor is the Social Security Disability situation, where people are approved for Social Security Disability and then it takes as long as six to nine months for them to

receive their first payment. In the meantime, they are at sea; they are losing their homes; all kinds of things happen to them because they have no income. Even though the income has already been approved by the government and they are entitled to a certain amount, they still do not receive it for at least six months. In the meantime, most of these people have -- again, they are the sick poor -- special medical diets, such as the kidney patient who is on dialysis, who can't have any salt, who must drink eight ounces of cranberry juice every day, which is expensive, and all of these things.

It used to be, a number of years back, that the foods a sick person required, if they were poor, could be obtained because a doctor could write a prescription for them and they would be covered by Medicaid. Now, they can't do that anymore. Only specific drugs are allowed to be covered by Medicaid, so even that roundabout method of providing a poor person with something they really need has been taken away from them.

The energy assistance that is provided is really very inadequate for most families. One must take into consideration that a lot of the apartments people live in are apartments that really do not have adequate windows or adequate insulation. It is the obligation of the landlord to provide these. There are programs that are supposed to provide heating tips and energy tips from, say, PSE&G and places like that. Now, I have 1,700 clients, and we receive 10 of these kits for distribution to our clients. You know, that is very interesting. We laughed, well, we also cried a lot; we cry a lot in our work.

One of the big problems, also, is the fact that grandmothers are left with children because mothers are drug-addicted. I just had one dear lady who called the other day. She said she needed food for the children. She only receives a Social Security payment, and she has five children. Her daughter was a drug addict. She had been sent to Marlboro by the judge and was going to be there for three months. This woman has been there nine other times. They are really warehousing her. The grandmother was concerned about getting help for her 19-year-old daughter because she was afraid she was going in the same direction.

I realize this is not wholly the State's problem; it certainly should be the churches' also. We do not have adequate ministry for the drug addict on the street and we are trying to get such programs into motion in our areas. The fact is, this dear elderly lady had inherited these children. Now, she will eventually get the welfare payments for the children. The Division of Youth and Family Services, I suppose, will eventually help her a bit, but the services provided by the Division of Youth and Family Services are really woefully inadequate insofar as their investigation and supervision of the kinds of situations we see are concerned. For instance, one woman called for food for the baby of her 13-year-old daughter and she, herself, is an addict. Her daughter, at age 13, is an addict. She has an older daughter who is not an addict, who lives across town, and who is trying to cope with the other five children. This baby is just left there. We provided formula, but there was no one to feed the baby the bottle. We asked DYFS to check into it; they visit once a month in a situation of that sort, instead of taking the baby out of the house. In the meantime, although we are providing food for this child, the child is going hungry for other reasons, one reason being that there is no one to provide the essential care. Also, there is no one to check up on essential care for these children. This is not an isolated case; it is a situation we see very frequently.

We are finding ourselves having to provide a lot of these supervisory services ourselves. We have been going to court about it.

I guess I have been taking up a lot of time. I know there are 25 million things I could say as to some of the reasons why there is hunger in the area, and it could take me 25 hours, but I certainly don't want to take up that much time. If there are any questions anyone would like to ask me, I would be happy to answer them. I would also like to suggest that the program that you, Leslie, set up for us to get commodities once a year -- these commodities come out in May or June -- is an excellent program. The only problem with it is that it comes out in May or June; it only comes once a year. A lot of the food banks could use this kind of help four times a year.

MS. SMITH: I agree.

MR. GROVE: Donna?

**New Jersey State Library**

MS. ROSS: Yes, I have a question. You mentioned that just today you got 16 calls from people who had applied for food stamps and were told that there was a 30-day wait.

MS. HOYNES: That there was a wait.

MS. ROSS: Oh, okay.

MS. HOYNES: We checked, and all of the welfare workers tell us that they have 31 days to do the paperwork.

MS. ROSS: My question is, if these 16 people were denied expedited service, in other words, as you said, if they were not deemed to be especially needy, can you tell us what kind of situations you come across that are not being considered "especially needy" by the welfare or food stamp offices?

MS. HOYNES: Well, yes, among so many-- A woman, for instance, loses her job and goes down to the welfare office because she had the kind of a job where she made \$3.00 and whatever it is an hour -- most people make \$4.00 an hour on my list, if they work. She has to pay the rent, so she takes what last money she has to pay the rent because she is used to getting paid by the week and saving it up, so that is the last money she knows she is going to have. She has no more money. Perhaps she doesn't pay the rent and she has that much money in her pocketbook, but it is for the rent. Especially in that case, they say to her, "Well, you do have some money; spend it on food. Then you will get your food stamps." In the meantime, if she doesn't pay the rent, she is going to be evicted. We always give the instruction to everyone, "Whatever you do, pay the rent first, and then pay your light bill. We would rather feed you all year long than try to find a low-cost apartment for you."

We straddle three counties -- Middlesex, Somerset, and Union. Now, in Somerset County it is not too hard to get on Rental Assistance if you are eligible for it. That is one of my main peeves. I am grateful you brought this up because it reminded me: There are many people who are eligible for Rental Assistance. You know, they are qualified for Rental Assistance according to the guidelines. But they have to wait as long as a year to two years to get any Rental Assistance, to get on the Program, because there isn't a spot for

them. Just because they are entitled to it doesn't mean that they are going to receive it. The large majority of my clients never receive any Rental Assistance, even though they desperately need it.

MR. GROVE: Excuse me. If they are entitled to it, why don't they get it?

MS. HOYNES: They don't get it because the grant is only just so large, all right? And there are a certain number of slots in that grant. In order for someone to get Rental Assistance, someone else has to come off it. Now, if someone comes off Rental Assistance, then it is the turn of the next person on the list to receive it. That is how it works. Now, in Somerset County, it isn't so hard to get on. In Union County, it is very, very hard, and in Middlesex County it is very, very hard because there are more people who are eligible and there are fewer slots available.

MS. SMITH: Doesn't it also have to do with the fact that if someone finds an apartment it has to be approved as the proper amount of rooms for the proper amount of people at the proper amount of rent? So, it's not just that you are eligible by income; it is the fact that you just can't pick any old apartment you want. It has to go by certain guidelines. Am I right?

MS. HOYNES: It does, but even if the people find an apartment within the guidelines, which is now becoming harder because the top allowable rent is not as high as the average cost of the apartments which now exist -- you know, the average cost of the rents-- The top needs to be increased. The problem is that the grant has not been increased; then there would be fewer slots available. The landlord also has to be willing to give a lease to a person. A number of landlords are not willing to do that because if they do, then they become subject to the building inspectors coming in and forcing them to make repairs. So, many of my clients live month to month -- most of them live month to month -- and they do not have leases. One of the biggest problems is that they live in substandard housing which should be condemned. We know that and they know that, but if we complain or if they complain to the building authorities in the particular municipality in which they live, then there is nothing which says the

landlord cannot evict them. If the landlord has to make repairs, the slum landlord, in order to teach all of the other tenants not to complain, he evicts this family since they do not have a lease anyway. They have no place to go, so they wind up in another place which is equally as bad, with the problems of providing security, moving expenses, and transferring the children to another school.

I also belong to the Association for the Children of New Jersey and have done a lot of interviewing for them. The Association for the Children of New Jersey has found that since the budget cuts came in, even in the first year, one of the biggest problems to the poor was that many women had to give up their jobs and go back on welfare. One of the reasons for that was that after-school program funding was just about completely wiped out. A little tiny bit has been put back in, but nothing adequate. This adds to the problem. If a woman keeps her job the children are out on the street, and the drug pushers in the city then hire the little ones to carry hypodermic needles -- I have seen this myself -- from one shooting gallery to the next. They certainly can't get arrested when they are only nine and ten years old. While their mothers are working, they become prey for these pushers on the street in the afternoon. They have no place else to go. This is a very large problem.

MR. GROVE: Are there any more questions? Leslie?

MS. SMITH: No, thank you.

MR. GROVE: Joe?

MR. FORD: No questions.

MR. GROVE: Donna.

MS. ROSS: No, thank you.

MR. GROVE: Thank you very much, Anita.

This concludes our hearings for today. We appreciate all of you folks being here with us, sharing your stories, and sharing the information we are looking for with us.

If you are at all interested in other hearings, or if you know other folks who might be interested in giving testimony, we will accept written testimony. Also, we will be glad to give you a schedule

of other hearings we will be holding throughout the State in April and May so that others can give testimony.

Thank you very much.

(END OF EVENING SESSION)



**APPENDIX**



## A FACT SHEET: NUTRITION EDUCATION PROGRAM

**What Is The Nutrition Education Program?**

The Nutrition Education Program is just what the name implies: an educational program with emphasis on food and nutrition. Begun in 1969, the program now helps people in 10 of New Jersey's inner cities and areas of rural poverty. Its parents are New Jersey Cooperative Extension and Rutgers, the State University of New Jersey.

**What Does The Program Do?**

The Nutrition Education Program, as part of home economics, helps families, youth and teens to acquire the knowledge, skills, attitudes and changed behavior necessary for nutritionally sound diets and to contribute to their personal development and the improvement of the total family's diet and nutritional welfare.

**How Does This Happen?**

New Jersey's needy residents learn nutrition basics and improved living skills in their own communities through lessons tailored to individual needs. The program includes both adult and youth educational activities. Regular teaching home visits are made to homemakers. Groups of homemakers also meet in community centers or in homes for nutrition lessons. They also learn of local resources and other federal nutrition programs, requirements for eligibility and program benefits. In short, they learn how to achieve maximum nutrition for family members.

Youth and teens meet as groups in community centers and in homes to learn nutrition basics through special lesson series. They both find that learning nutrition can be fun.

**Who Does The Teaching?**

Rutgers Community Assistants (nutrition aides) are employees who are hired, trained, and supervised by Extension home economists to teach adults. They are residents of the communities in which they work. Some have been program homemakers prior to employment in the program.

Volunteers are any community minded citizens willing to share of themselves to help with the operation of the program. Some are program homemakers, graduated homemakers, college students, teens, or other interested persons living in or out of the target community. Volunteers are trained to teach groups of youth and teens food and nutrition information.

**How Do People Learn?**

By doing. By changing their food shopping, food spending, and food eating habits. By saving newspaper coupons and using them. By planning nutritious meals around a family's tastes. By trying low-cost substitutes. By participating in other Federal Nutrition Programs for which they are eligible and making the most of family resources. By watching, listening and doing — thereby building self-confidence.

**What Are The Results?**

Food consumption records show positive dietary impact — people are eating better. Homemakers follow a series of progressive steps to graduation. Many graduates function in new roles as volunteers. In a recent evaluation, program homemakers were superior volunteers with youngsters and youth groups made significant improvement with our special lesson series. People can put what they learn to use. There are dozens of individual success stories. Many adults and youth expand their involvement in Cooperative Extension educational activities.

**THE NUTRITION EDUCATION PROGRAM (EFNEP)  
In Middlesex County Helps Families to Help Themselves**

The **Nutrition Education Program** helps low income families, especially those with young children, acquire the knowledge, skills, attitudes, and changed behavior necessary to improve their diets in normal nutrition. The program is conducted by an extension home economist as part of the home economics program. Homemakers are taught on a small group and individual basis by a staff of paraprofessionals who live in the communities where they work. The paraprofessionals (nutrition aides) are specially trained by the extension home economist to teach food and nutrition information to enrolled homemakers. In addition, volunteers are recruited and trained to provide program support and to teach youth basic food and nutrition concepts.

During the past year, 4 paraprofessionals and 19 volunteers taught 226 enrolled program homemakers and 348 youth nutrition information using specialized lesson series designed for adults, youth and teens.

Dietary and food behavior changes of enrolled homemakers were measured by food recalls and food behavior checklists. Of the 226 homemakers enrolled, 42 (18.5%) achieved a level of gained knowledge, improvement of their diets, and changed food behavior to qualify them to graduate from the program. Others are making progress toward this goal.

These homemakers also supplemented their limited resources by participating in other USDA food programs. 127 (56.1%) families participated in the Food Stamp Program, 23 (10.1%) benefited from the WIC Program, and 136 (60.1%) from the Child Nutrition Program. All enrolled program homemakers are encouraged to participate in federal, state, and local assistance programs for which they have a demonstrated need and are eligible.

The paraprofessional staff has expanded their teaching in the community beyond the core of enrolled program homemakers by working cooperatively with other community agencies which work with low income families. Some specific examples of this interagency cooperation include:

- . Regular weekly nutrition lessons taught at the Open Door, an alcohol treatment center in the community. Participants in the nutrition classes have learned the importance of good nutrition for themselves as well as other family members. They are also taught food shopping skills so that they learn how to get the best buy for the least amount of money. Many of the program participants remarked that as they began to change their lifestyles as a result of participation in the Open Door program, they learned a great deal from the nutrition lessons. They were saving money at the supermarket and were feeding their families better than they had for quite some time.
- . Weekly nutrition classes were also held at the Women's Correction Center for minor offenders who were serving short terms. These women found that the nutrition and food buying concepts which they learned while participating in the program benefited their families.

In cooperation with a local farmers' market, the Nutrition Education Program co-sponsored an apple pie bakeoff which involved program homemakers, youth, and other interested community residents. On the day of the bakeoff, educational exhibits were manned by the staff of the Nutrition Education Program. Participants learned about the various varieties of apples and their suggested use, season, and characteristics. There were also other nutrition exhibits which helped to expand the knowledge base of participants. Prizes were awarded in both youth and adult divisions.

You have asked about hunger - I personally live in Old Bridge Township where several sections are a majority of financially "lower class" people. Anyone, with a child or children to support, who is making under 12,000.00 a year is definitely feeling hunger pangs.

I am a single parent with one child to support and after I am done paying the rent, electric and phone bill there is virtually nothing left. I live on the tightest of budgets - even a strict disciplinarian would find it hard to follow.

I receive food stamps which only go towards wholesome foods. I do not buy candy, cookies, gum, soda, snacks or ice cream. I do not buy any paper or plastic products such as garbage bags or paper plates. ONE exception is toilet paper!

Every week I faithfully check the supermarket sale papers and combine sale items with coupons to get the best, sweet prices available. I do not buy prepared meals such as T.V. dinners. I cook everything from "scratch". I never buy cigarettes, alcohol or coffee - thank God I

have no needs! In conjunction with my strict food budget - I don't have a newspaper delivered, I walk to the store whenever possible, I make no toll calls on my phone unless absolutely necessary, lights are turned off immediately when no longer needed, all glass and aluminum containers are recycled for cash, Our

clothes are taken very good care of and repaired when needed we provide that extra mile of wear. Now that summer is approaching a vegetable garden will be planted. And even with all of the above and many more not mentioned, by the last week

the month my food stamps and cash are long gone. Many of these "last week meals" are meatless. When I first read your questions on hunger I thought of all the large food corporations that are making millions of

dollars in profits and how the average family depends on them to provide food. We (as a group) should have a choice to buy or to raise our own food. Regardless of how high prices go we all need food to survive.

I don't think too many people are a true expert -  
to capitalize on.

I think the fact that I know how to plan  
and prepare good, economical meals has given  
my family the surviving edge over hunger.

Now, if only prices were a little lower, I'd  
make it there the whole month!!

Jeannine Tait.

13 Vermont Dr.

Apt. 11

So. Amboy, N.J. 08879

P.S.

I just wanted to write to  
say how I felt.



NORWESCAP / Somerset County

**W.I.C.**

(WOMEN, INFANTS, & CHILDREN)

## Nutrition Program

- FOR:
- \*\*Pregnant Women!
  - \*\*Babies!
  - \*\*Children under 5 years old!
  - \*\*New Mothers!

NOW AVAILABLE IN SOMERSET COUNTY!!

To find out how YOU can qualify, turn to the back of this flyer... →

For more information, call

THE FOOD BANK NETWORK OF SOMERSET COUNTY  
at 560-1813

6X

WHAT "Vouchers" or coupons to exchange in the  
do you supermarket for high-protein, nutritious  
get? foods. Also, films, nutrition information  
and lots of free professional advice!

WHO \*Pregnant women, especially if they're  
can get under 18 or over 35  
these \*babies \*children under 5 years old  
services? \*new mothers (within 6 mos) who are now  
breastfeeding their new babies  
\*new mothers (within 6 mos) who bottle-  
feed their new babies (will be on a  
wait list)

WHEN Every third Thursday of every month the  
can I WIC Nurse and WIC Nutritionist will see  
sign up? interested mothers and their children.

WHERE Clinic and enrollment sessions will be  
do I go? at the United Reformed Church in Somers-  
ville, but NO ONE WILL BE SEEN WHO HAS  
NOT MADE AN APPOINTMENT IN ADVANCE!!

HOW 1. Live in Somerset County (except Frank-  
do I lin)  
get in? 2. Meet income requirements:

Family of 1....	up to \$8991 per year
2....	12099
3....	15207
4....	18315
5....	21423
6....	24531
7....	27639
8....	30747

3. Have a special nutrition need. At your appointment, the WIC Nutritionist will ask you questions about your diet and health and about the child's. Some things which might show special nutrition needs are:
- Have you ever had miscarriages?
  - Have you ever had a baby EARLY?
  - For women, are you under 18. over 35?
  - Was your baby born early?
  - Is your child or baby smaller than others their age?
  - Is your child or baby sickly?

FOR AN  
APPOINTMENT  
CALL  
560-1813

FOOD BANK NETWORK OF SOMERSET COUNTY  
5/9/82

PURPOSE: To begin the Food Bank Network to end hunger in our community forever.

INTENDED RESULTS:

1. To provide a nutritionally balanced diet of 12 staple food items to families and individuals with a genuine economic need.
2. To allow the widest cross-section of our community to participate in providing the food.
3. To treat both the recipients and the contributors with dignity and respect.
4. To enable recipients to become actively involved in contributing to others as soon as their economic and personal circumstances permit.
5. To operate the Food Bank Network with the highest standards of financial and personal integrity.
6. To coordinate with and enhance the effectiveness of all emergency food banks, local and county welfare programs, and federal programs whose purpose is to provide access to food for those in need.
7. To make visible the needs of individuals who need food and cannot afford an adequate diet (e.g. senior citizens with inadequate fixed incomes, long-term unemployed or underemployed, people with a genuine need who fall between the cracks of existing public welfare programs).

The 12 staples provided by your Food Bank are good, wholesome, natural, unprocessed food which provide excellent food value. The items are: macaroni & cheese, canned vegetables, cereal, canned or powdered milk, canned fruit, canned tuna, soup, dried beans or lentils, dried rice, canned tomatoes or tomato paste, and infant formula (if needed).

The Bound Brook/South Bound Brook Food Bank was started by a handful of caring people in your community. We are, as you are, committed to having hunger end in our neighborhood.

Your Food Bank is a community project. It's success will depend on the support of our community.

The food you are now receiving was made possible by the generous donation of the Bound Brook Ministerium.

Food will continue to be provided on an ongoing basis by individuals in area churches, schools, and synagogues who have committed to provide one staple once a month for the next year.

All of us who work here at the Food Bank are volunteers. We are glad for the opportunity to be of service. We appreciate and respect you for the courage it takes to make ends meet under very difficult circumstances. We are in partnership with you to eliminate the conditions which force people in our community to be without enough to eat.

We welcome your participation at every level of the operation of the Food Bank. If you would like to volunteer to bag food, pick up or deliver food, receive applicants, or make phone calls, please let us know.

Our purpose is to end hunger for everyone in our community forever.

#### HOW TO COOK DRIED FOODS PROVIDED

Rice - Rinse the rice with cold water. Bring 2 cups cold water plus 1 teaspoon of salt to a boil. Add 1 cup rice and wait until it comes to a boil again. Cover pot tightly and simmer over low heat until all water is gone (about 40 minutes).

Oatmeal - This is real, stick-to-your ribs, high protein, non-instant oatmeal. Add 2 parts water to 1 part oatmeal. Soak overnight. Bring to a boil and simmer on low heat for 15-20 minutes. (2 cups water and 1 cup oatmeal serves 3-4 people).

Dried Beans - Soak beans overnight (or cover with boiling water boil for 2 minutes, remove from heat and soak 1 hour). Pour off water, add fresh water to cover, bring to boil and cook over low heat until soft (1-2 hours for lentils; 2-3 hours for larger beans). 1 cup dry beans yeilds 2 cups cooked beans. Cook with seasonings to taste (salt, pepper, chili powder, onions, celery, bay leaf, thyme or rosemary, etc.)

LET ALL WHO ARE HUNGRY COME AND EAT.

9X



Bound Brook  
So. Bound Br  
Food Bank

#### Location:

Bound Brook  
Public Works  
Building,  
East Main St  
Bound Brook

#### Hours:

Saturday  
10 am - 2 pm

FOR INFORMATION  
P.O. Box  
Bound Brook  
New Jersey

201-560-1111



The name FISH is taken from the symbol of early Christians which was used to identify themselves to each other during centuries of persecution. It is a symbol of service. The many FISH organizations, however, render aid regardless of any religious affiliation of people and its volunteers are from all areas of life.

Our main goal is to provide emergency services to anyone in need. We will provide food, clothing, furniture or emergency shelter to persons in financial crises. We also have volunteers who aid the poor, ill or elderly by driving them to doctors, hospitals or stores. Our assistance is generally short-term. If we are unable to provide the necessary help, we can act as a referral agent to other services. Our chapter serves Somerville, Bridgewater, Raritan, Manville, Branchburg and Hillsborough.

During 1981, we answered approximately 150 requests for food - supplying families for one to five days. We also received and serviced 40 requests for transportation. Financial aid went toward fuel bills, car repairs, rent payments, or motel bills for emergency overnight shelter. If a request is genuine and critical, FISH is committed to reaching out and fulfilling that need.

During the holiday season of 1981, we delivered 67 "full-course Dinner" baskets to needy families. Due to present economic conditions, we foresee an even greater need in this area of our service.

FISH operates solely through private donations. Organizational expenses are kept to a bare minimum. All other financial outlay goes directly to the client. The more support we receive, the more assistance we can give. Donations of non-perishable food and/or financial aid can be made by calling the FISH hotline.

FISH has grown rapidly. Our volunteer system is strong and active. Community awareness is increasing, which is leading to more and more requests for assistance. We are so grateful to be able to provide a unique service and look forward to continued support from our old friends who have helped us come this far. We also need to expand our support system by gaining new friends who would voluntarily answer phone requests at home one day each month or provide transportation by appointments made with 48-hour notice.

It is only through your interest and generous support that FISH will be able to continue to meet the needs of those who call on us. We are happy to answer any questions concerning our operations and services. You may contact us by calling 725-5556.

## CONTEXT FOR RECEIVING APPLICATIONS

There are 2 kinds of people who will apply: 1. People who have a real need  
2. People who do not

Some people will know which category they're in. Others will not. Our job will be to be with every person in such a way that they get clear about how to best meet their need and leave with a sense of dignity and self respect.

There are two essential parts to helping people: You need to want to help someone, and the person you want to help has to want to be helped. The application process we use will make that relationship visible. We will have as our context, our way of being with people, the admonition given to the early Christians to be "as wise as serpents and as gentle as doves." The applicants will not fill out their own form. The conversation will be done openly, not in secret behind closed doors.

We are all equal here - we can experience satisfaction by having the opportunity to serve. The applicants can experience satisfaction by being treated with dignity and respect, and if their need is real, by being given basic food.

The kinds of foods we give will in themselves weed out people who are not really hungry. Most people mean "appetite" when they say they're hungry. The kind of hunger we will be dealing with primarily is "under-nutrition": a slow debilitation and weakening of the body due to a continuous lack of basic proteins and calories.

When we entered Mrs. Ortman's house the first time, there was no food: the refrigerator was empty, the shelves were empty except for one small, bent can of tomato sauce and one small can of cat food. No bread, no crackers, no snacks, no fruit, no nothing.

When we talk with people, we want to hear their story and determine what

conditions are causing the problem. We want to make whatever agency programs that are available visible and accessible to them. We want to give them the opportunity, at every juncture, to help others.

For example, there are people who will come to us who have a kitchen and live alone and have no food. Others have no kitchen and live alone and have no food. We want to give people the opportunity to share their kitchen and their food together. Loneliness is the greatest hunger.

Some people will have a temporary need or be in an interim situation that overwhelms their natural ability to be self sufficient. We want to give them the opportunity to be volunteers in The Food Bank when they're back on their feet.

Always keep in mind that we are doing God's work. We represent the love of the community. No one can "take" what is given freely.

There are many vestiges of the "welfare mentality" we will have to be aware of in ourselves and in the people we help. Words like "client" and "criteria", and attitudes like "I have all my papers so I'm entitled to food," etc. are part of it. In the welfare system, if people meet the guidelines, they must be helped even if there are other resources they could draw on. If they don't meet the guidelines, they cannot be helped even if they obviously need help.

The freedom of our situation is that our main guideline is to provide food for anyone who is hungry.

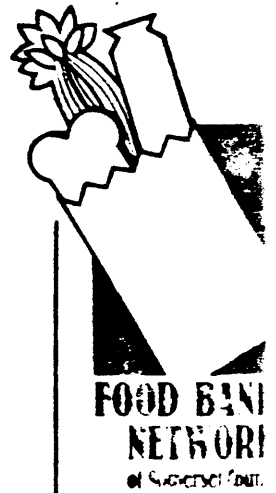
In the process of serving people, we will discover what works and doesn't work. Don't be afraid to make a mistake. Trust your intuition. "Let all who are hungry, come and eat."

## GUIDELINES

1. Listen - Stay focused on the person you're relating to.
2. Keep an open mind; try not to sit in judgment.
3. Keep all information you receive confidential.
4. Ignore bitterness, anger, or apparent hastiness. If the person was not in need, he or she would not be here.
5. Provide a trusting, healing relationship.
6. Emphasize positive experiences related in conversation.
7. Recognize your own limitations when professional help will be beneficial.
8. Be well acquainted with our lists of referral services.
9. Inquire about local help available through churches and service organizations.
10. It doesn't work to argue or lecture.
11. It doesn't work to make promises you are not sure you can fulfill.
12. Do not give personal phone numbers; refer calls to the Food Bank or to FISH #'s.
13. It doesn't work to impose your choice of solutions.
14. Do not share your personal problems.
15. It doesn't work to act condescending or patronizing.
16. Do not go into any house alone (always go in pairs).
17. Don't get discouraged; remember you are making a contribution being there.
18. It doesn't work to get emotionally involved in their problem; you have your own life to live.

1. NAME \_\_\_\_\_ AGE OF APPLICANT \_\_\_\_\_ DATE \_\_\_\_\_
2. ADDRESS \_\_\_\_\_
3. PHONE (or phone where a message could be left) \_\_\_\_\_
4. HOW DID YOU HEAR ABOUT THE FOOD BANK? \_\_\_\_\_
5. FAMILY MEMBERS LIVING WITH YOU (list name, age and relationship)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
6. DO YOU SEE YOUR DIFFICULTY IN OBTAINING FOOD AS...
- \_\_\_\_\_ TEMPORARY \_\_\_\_\_ PERMANENT \_\_\_\_\_ OCCURRING ONLY AT END OF MONTH
7. HOW MUCH INCOME DO YOU HAVE PER MONTH? \$ \_\_\_\_\_
8. WHAT ARE YOUR SOURCES OF INCOME? (specify all sources please)
- \_\_\_\_\_
9. DOES SOMEONE SHARE HOUSEHOLD EXPENSES WITH YOU? (if yes, who?)
- \_\_\_\_\_
10. ARE THERE ANY NEIGHBORS, FRIENDS OR FAMILY THAT COULD HELP YOU?
- \_\_\_\_\_ YES \_\_\_\_\_ NO If Yes, Who? \_\_\_\_\_
11. DO YOU RECEIVE FOOD STAMPS? \_\_\_\_\_ YES \_\_\_\_\_ NO IF YES, HOW MUCH? \$ \_\_\_\_\_
12. ARE YOU ABLE TO WORK? \_\_\_\_\_ YES \_\_\_\_\_ NO
13. WHAT KIND OF WORK ARE YOU LOOKING FOR? \_\_\_\_\_
14. HAVE YOU BEEN TO JOB SERVICE AT THE UNEMPLOYMENT OFFICE WITHIN THE LAST MONTH? \_\_\_\_\_ YES \_\_\_\_\_ NO
15. ARE THERE OTHER MEMBERS OF YOUR FAMILY WHO ARE ABLE TO WORK?
- \_\_\_\_\_ YES \_\_\_\_\_ NO IF YES, SPECIFY NAME AND JOB SKILL: \_\_\_\_\_
- \_\_\_\_\_
16. HOW MUCH IS YOUR RENT? \$ \_\_\_\_\_ (specify if monthly or weekly)
17. ARE YOUR UTILITIES INCLUDED? \_\_\_\_\_ YES \_\_\_\_\_ NO IF NO, HOW MUCH? \_\_\_\_\_
18. DO YOU HAVE ANY EXTRAORDINARY EXPENSES? (Medical, auto, other)
- If yes, specify: \_\_\_\_\_
19. WOULD YOU BE WILLING TO DELIVER FOOD TO SOMEONE WHO LIVES NEAR YOU AND NEEDS FOOD AND CAN'T COME TO THE FOOD BANK? \_\_\_\_\_ YES \_\_\_\_\_ NO





After reviewing your application, the Food Bank Network "Review Committee" has determined that you may be served:

- \_\_\_\_\_ Once per month
- \_\_\_\_\_ Twice per month
- \_\_\_\_\_ At Site 1 (13 Franklin St.,  
Somerville)
- \_\_\_\_\_ At Site 2 (New Covenant Baptist  
Church, Somerville)
- \_\_\_\_\_ At Site 3 (Public Works Bldg.,  
Bound Brook)

A copy of this letter will be kept with your application at the Food Bank. If you have any questions about this, please call Karen at the Food Bank office on Mondays or Wednesdays between 10 a.m. and 1 p.m. at 560-1813.

Thank you,

MARIE SEAWELL  
~~Karen Bottomyan~~

m.s.  
~~ms~~: pay

Remember when we used to think hunger was inevitable?

P.O. Box 146  
Bound Brook  
New Jersey  
08809

201-560-1811

## HOW TO ESTABLISH AN EMERGENCY FOOD CENTER OR EMERGENCY FOOD

### PANTRY\*

Sometimes people find themselves without food. Or the money to buy it. While welfare and Food Stamps can help--if one is eligible--there is a wait of at least three days while forms are processed. There can be as much as a thirty day wait if there are snags in verification--and there usually are.

Meanwhile, what is a person to do? And what about the individual who is facing a temporary lack of funds and is not eligible for long-term assistance?

It is in times like these that people turn to an Emergency Food Center (EFC). An EFC is not a feeding program; people cannot get meals there. It's primary function is to give immediate, short-term aid, usually in the form of a three-day emergency food package. Thus an EFC can provide:

- immediate help;
- food for a limited period;
- information and pre-screening for Food Stamps;
- nutrition counselling;
- budget counselling;
- referrals to other agencies.

An EFC works in conjunction with other services. It is dependent upon community agencies for referrals, and upon civic and religious groups for food supplies. (All food given out at an EFC is donated or bought with donated funds.) It therefore is a community-based and community-supported center.

But, while providing food, an EFC can serve other functions, primarily:

- ADVOCACY COUNSELLING on behalf of recipients;
- MONITORING of existing agencies;
- RESEARCHING the extent of hunger in the community.

An EFC can be more than a brief oasis in a long and trying struggle for survival; it can become a vehicle for aid and an effective base in the community from which to attack hunger.

\* The above is an expanded and fleshed out version of "EFC - How to," original written by Leslie M. Smith and edited by Wray MacKay and published in FOOD MONITOR magazine.

## THE NEED AND THE RESPONSE

There are many factors in a community or geographic areas which point to the need for an Emergency Food Center:

### Questions to be Answered

- Is there a low participation rate in Food Stamps?
- Is there a high percentage of elderly?
- Are there any small food cupboards in the area?
- Is there a high rate of supermarket thefts?
- Are there area Lay-offs?
- Is there a high unemployment rate?
- Is there a rich/poor syndrome in an affluent area?

### A Level

If any of the above questions can be answered in the affirmative there is a good chance that there is a need for emergency food services.

FOR INFORMATION REGARDING THE NEED FOR EMERGENCY FOOD CENTERS CONTACT:

- local welfare departments
- police department
- churches
- hospitals
- civic organization

Besides getting the answer to this mini-hunger survey, you will be making contact with many organizations who will be providing you with food and dollars and many of the agencies who will be sending people to you.

### B Level

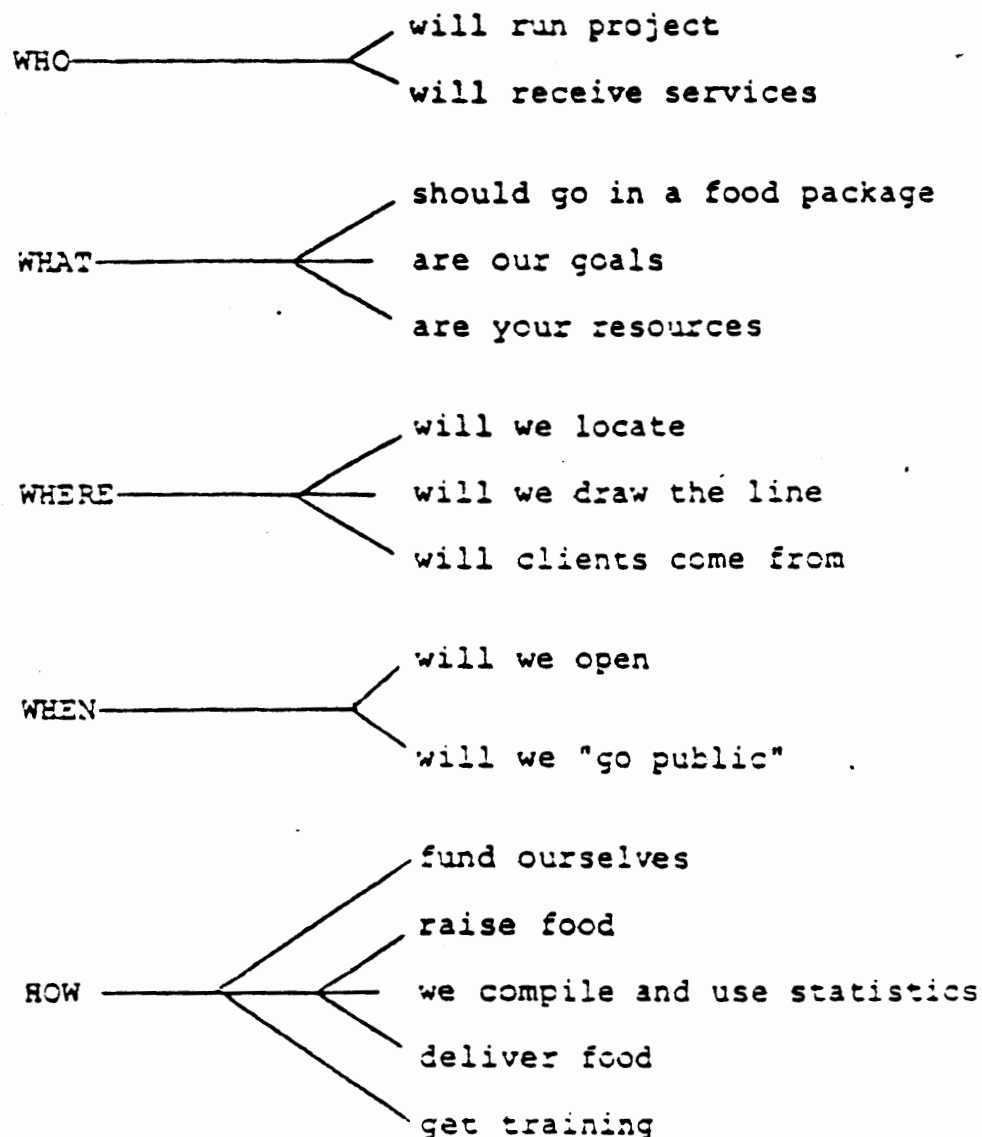
If you are already involved with one of these groups and because of your work have come upon the problem, you will need to contact others for these reasons:

- to receive support for your project
- to begin to form a network
- to possibly introduce a new perspective to your own observations

Emergency food work is often lonely. There are times when no one seems to care. By reinforcing your view by consulting others, you minimize the frustration which comes even at this early stage.

## ORGANIZING

We must answer in our plans the five basic questions of any project:



WHO will run the center?

In regard to staff of an Emergency Food Center, there is a continued controversy around paid vs. volunteer help. We suggest that whatever compensation is given, the essential ingredient in a successful Food Center is a full-time coordinator. Some characteristics to look for in a co-ordinator are:

- one to one relationships with people
- public speaking experience
- self motivation
- church/syn/civic experience & connections
- writing ability
- a good sense of humor

It is important that the group agrees on the goals of the food center and is willing to entrust the co-ordination of these activities to its co-ordinator.

[At this level, after being hired or appointed the person chosen will often feel overwhelmed with responsibility but at the same time excited and motivated. Be aware at the onset that work must be done simultaneously in these areas: raising food, setting up referral procedures and recruiting workers. If you feel crazy and sometimes fragmented, you're on the right track!]

WHO will receive its services?

In order to set up the kind of center you want, you must consider these questions:

- Do you want a "walk-in" center?  
(This requires that you do all screening of clients or no screening at all.)
- If not, who will you take referrals from?  
(Don't limit yourself to just welfare and food stamp centers--include churches, hospitals, congressional offices, mental health clinics, shelters for battered people.)

WHAT are your goals?

If you are going to establish an Emergency Food Center, you will want to be able to provide the following:

Provide the client with:

- immediate food relief
- information on food stamps
- nutrition counselling
- budget counselling
- referrals to other agencies
- a friendly interest

Provide the community with:

- information on hunger issues
- speakers and programs
- a site for community participation
- self-help clinics
- documentation of the hunger situation

WHAT are your resources?

Start identifying what you have at your disposal-- what you need.

- Does anyone in your group belong to a civic organization, a church, a PTA?
- Do you have a site for your Center?
- Do you have funding?
- Do you have food?

WHAT should go in a food package?

We have to decide whether we will give people what we think they should eat, or what they are used to eating. The food package must be dependent on the types of food you receive in donations. If there is no refrigeration, a diet of non-perishable foods must be creatively and thoughtfully constructed.

Some hints on food packages:

- Consult a nutritionist to determine what basic food needs should be met by a package.
- Ask for those foods in your food drives.
- Find out as much about the family as possible:
  - ethnic background
  - health restrictions
  - ages of children
- Include menus in the package to help client organize the food into meals.
- Provide hints on how to prepare foods if client has limited cooking facilities.
- Include in food package flyers on food stamps, other social service programs.

WHERE will we locate?

If it is possible to choose the location of your Center, the following questions should be considered:

- Where is free and/or low-cost office space available?

- Where is the welfare/food stamp offices located?
- Is there a good mass-transit system in your area?
- Are there other Emergency Food services in the area?

If you have no choice in location and you are in an out-of-the-way spot:

- Develop a network of volunteer drivers
- Contact local "Meals on Wheels" and FISH agencies to co-ordinate their transportation resources with your needs.
- Set up a food depot in a more convenient site where food will be given out if the client cannot come to your center.

WHERE will the clients come from?

Most Emergency Food Centers, unlike Pantries, give food only on referral. This insures that the people who receive the food have been screened by another agency and/or organization.

Some possible referral agents are:

- Welfare Departments
- Food Stamp offices
- Churches
- Hospitals
- Mental Health Clinics
- Shelters for Battered People
- Congressional Offices
- Division of youth and family service
- Veterans' bureaus

All of these potential referral agents should be notified of the center's existence and should be provided with a detailed referral procedure, referral forms and a list of the kind of foods that will be given.

[It is important to be very clear that you will NOT give food unless you have been notified by the agency]

BUT, what if someone calls who does not have a referral and cannot immediately obtain one?

The policy that works best is to ask the client to come in for food, assess his/her situation and refer them to an agency which can be of some help. The person is then told that they will not receive food again without a proper referral.

The use of referrals protects you and the client as well as serving as a documentation tool.

WHERE will we draw the line?

There are three areas where policy must be set:

1. How much food will we give;
2. How often;
3. When will we deny a client food.

The usual food package lasts around three days. It is usually given three or four times a year to one individual or family.

When a client has abused the rules of the Center, or has received food too many times, food is denied.

This is the most sensitive and emotionally charged issue in Emergency Food work. It is very difficult to deny someone food, no matter what the circumstances. Some ways of handling the situation are:

- Extend your limits
- Contact other agencies who might be of assistance
- Re-evaluate the cause of the problem. At times some budget counselling can turn a family situation around.

WHEN will we open?

Give yourself at least two months of lead time to arrange for your first food collection, establish a referral network and set up the physical space you will be working in.

The following is an eight-week plan that will help you get started:

SIX TO EIGHT WEEKS AHEAD--

- Develop a simple referral procedure.  
Start soliciting food:
  - Set up speaking engagements at churches to publicize what you are doing and ask for their support.
  - Plan a "food raiser", i.e., a food day.
  - Contact likely community organizations and corporations.

- Use the refrigerator space in order. Put up shelving for food storage.
- Develop an inventory system.
- Meet with a nutritionist and develop a list of foods you will ask for.

#### FOUR TO SIX WEEKS AHEAD:

- Alert all potential referral agencies, (churches and others) by letter:
  - Ask for suggestions;
  - Seek food drives;
  - Ask for special training from appropriate agencies on such items as Food Stamp screening and welfare procedures;
  - Ask for predictions of need by the agencies;
  - Investigate transportation: will the agency be able to pick up food if the person cannot?
- As your assessment of needs progresses, start to recruit volunteers but don't recruit until you have a specific task for them to do.
  - Possible sources for volunteers include the churches (especially those you have contacted), youth training programs; senior citizen centers, boy/girl scouts, interested people from agencies.
  - Set up a volunteer training program.
- Decide on the make-up of the food package.
- Design a system keeping track of:
  - Where people live;
  - Who referred them;
  - Why they have come;
  - What is the family composition; how many times they sought emergency help.

#### TWO TO FOUR WEEKS AHEAD:

- Send referral information to all potential sources. Include your opening date. This packet should contain:
  - A referral "how-to" sheet;
  - A food request sheet;
  - A list of foods that will be given.
- Contact as many churches/synagogues as possible to finalize plans for food drives:
  - Arrange for food pick-up and delivery;
  - Arrange for volunteers to stock and sort food.
- Start collective supermarket bags and boxes.
- Plan your public relations approach.

## ZERO TO TWO WEEKS AHEAD:

- Continue collecting food.
- Call each referral agency one week before opening to confirm that referral materials have been received, to answer any questions on referral procedures, and to be sure you have the name of a contact person in the agency.
- Offer training in referral to any agency that requests assistance.

## HOW will we get training?

In order to provide "more than food," all workers in your food center should be prepared to make referrals and do food stamp pre-screening. An effective way to begin this educational process is to familiarize yourself with all of the helping agencies that exist in your area. Often these are the same agencies that will be referring clients to you. Things to find out:

- Who is ineligible for the program?
- What does the program provide?
- Does the program provide transportation?
- Are there emergency services?
- How long does the client have to wait before being assisted by the program?
- Can you refer people to this program?
- Put this information on a rolodex so that it is readily available.

Many of the people you see will either be on Food Stamps or might be eligible. In order to adequately counsel people, you must be familiar with the Food Stamp Program. Some steps to take:

- Obtain a current copy of the Food Stamp Manual;
- Ask to be put on the mailing list of your local food stamp office;
- Make arrangements with the Food Stamp outreach worker to provide a training session with Food Stamps;
- Contact local Food Stamp Advocacy groups and ask for training;
- Develop a rapport with local food stamp workers so that if a client has difficulty, you will have a sympathetic ear.

## HOW do we keep statistics?

Statistics can be compiled by using the referral forms sent with the clients. There are three basic areas to be covered: What geographic area they come from; what agency referred them; and, what was the nature of the emergency.

Other information that can be included: Adults/children; ages; and, follow-up.

we can utilize statistics on a number of levels.  
Some possible areas are:

- to document the hunger problem;
- to apply for funding;
- to report to your contributors;
- to influence legislators;
- to put pressure on local public assistance agencies.

You can publish a newsletter to report the activities of the food center. Recognition can be given to local groups who have helped you to collect food. Changes in Food Stamps and new helping groups can be highlighted. Requests for donations of refrigerators, shelving, volunteers can be made. This newsletter should be sent to:

- all contributing organizations;
- all referral agencies;
- local newspapers;
- local politicians.

In this way, you keep the community abreast of your activities and provide them with a forum for their ideas and comments.

### FOOD & FUND RAISING

It is important to remember that when you are running a food center, you will be taking every advantage to educate and advocate.

Food raising projects are good ways of raising the awareness of the community to the hunger issues as well as a means to start building a broad grassroots support base for any work you may attempt in the future.

In organizing food drives, we hope to organize groups of people who can be returned to for letter writing campaigns, advocacy work, volunteer work and moral as well as financial support. There are three basic community groups which should be contacted for support: the religious community, the school community, and the civic community.

#### Religious Community

An intensive, well-organized campaign toward the churches in your area will go a long way toward building a regular source of food and support for your Emergency Food Center.

- Send a letter to all churches explaining your food center.
- Wait two weeks; begin calling, telling the church of your service and offer to accept referrals from their congregation.
- Set up a speaking engagement at church:
  - women's group
  - Sunday school--invite Sunday school class to Food Center
  - speak in front of congregation
  - ask them to do a monthly or quarterly food drive.
- Help organize first food drive
  - provide a list of foods needed
  - encourage Sunday school class to decorate box to deposit food
  - provide flyers which explain your program and give people the opportunity to make cash donation
  - follow up with thank you
  - send monthly statistics to church
  - regularly issue PSA's or newsletter highlighting those churches who have supported you.
- Help organize a local CROP walk-a-thon. All monies raised are given to Church World Service which then 25 percent to a local hunger fighting organization designated by the local CROP committee.

In this way, the local awareness of hunger contributes to a greater participation in the walk which nets more \$\$ for world hunger as well as being a good fundraiser for the center.

A successful local effort in New Jersey netted \$25,000, \$6,500 of which went towards the funding of the local Emergency Food Center. For further information on how to plug into the CROP structure contact:

Leslie M. Smith  
 Emergency Food Center  
 27-06 High St.  
 Fair Lawn, New Jersey 07410  
 (201) 791-3828

### School Groups

A similar approach can be used with schools. The interest in nutrition and community relations can be nurtured; the food question can be approached from a sociological perspective, a health perspective and an economic perspective.

### How to:

- Contact all senior class presidents, often a senior class does a project for a year. Ask them to give you an opportunity to address their council.
- In grammar schools--contact school nurse and offer to present a program on food to students.
- Suggest a contest around Thanksgiving on which class can collect most food.
- Sponsor a "Ton of Food Day" where each student tries to raise his weight or height in food.
- In colleges--contact campus social awareness clubs-- offer to present a program on community responsibility re: hunger.

### Civic Organizations

There are many community based civic organizations which are often looking for worthwhile projects to support. Both food and cash can be solicited from these groups. However, where food is more likely to come from churches on a regular basis, these civic organizations usually give once a year. Budgetary meetings are held in the Spring to allocate the funds that have been raised. Again, the personal presentation is important and necessary.

Some of these groups are:

- Junior women's clubs;
- Women's clubs;
- Fraternal organizations, e.g., Elks, Lions, Rotary;
- Hospital associations;
- Police wives organizations;
- Chambers of commerce;
- Senior citizens organizations.

### How to:

- A personal letter followed by a phone call.
- Names & phone numbers of the voluntary organizations\* in your town. These can often be obtained from the Town Clerk.
- It helps to "know someone" in the fraternal groups.
- Try to find out when they arrange their speakers' schedule for next year, when they decide on their contributions.
- With civic groups, timing is as important as contact.
- Publicly acknowledge all participating organizations with PSA, newsletter.
- Co-sponsor a "Food Day" with a leading local group.

Girl Scout and Boy Scout Troops are good resources for food. Scouts can earn badges collecting food for the center and can use the center for a possible field trip.

\* Local fraternal organization, police wives' associations, womens' clubs, etc.

The common denominator in approaching any of these groups is personal contact. It is important to identify one person or a group of people in each organization who, once trained, can repeat the event with little help from you. When the initial work is done, the organization can then become a contributing supporter and your initial outreach will both educate and empower the people who will become the backbone of your support.

It is important that these groups should be viewed not merely as sources of food and funding. We must be willing and able to give them the knowledge and awareness of the problem they are helping to alleviate. With these contacts, the stage can be set for the Food Center becoming a community action center. We must continually keep in mind that we are giving and getting "more than food."

### COMMUNITY ORGANIZING

An integral part of any Emergency Food Program is its ability to reach out into the community and to involve the community as an integral part of the program.

Community organizing is a term which can be used in many ways. In emergency food work, we attempt to incorporate both the donors and recipients into a new community where people who have never been in dialogue before will find the opportunity to do so.

We do not seek to institutionalize emergency food. It is not our desire to become such a strong network and provider that we become a successful alternative to the federally funded feeding programs. We do not choose in our work to "bail out" these programs and make it easier to them not to do their jobs.

Therefore, we must look toward creating a vehicle by which change can occur. A good Emergency Food Center can become a catalyst for change. Through its documentation and statistics it can put pressure on existing programs to function more adequately. Through publication of its findings, it can encourage legislators to include the needs of low income people in their programs. It can show that when one segment of our community suffers; we all suffer.

The essential step in community organizations is to remove the "we - they" syndrome. It must not be that our organization decides what "they" need and then proceeds to give it to "them." Rather, we must all work together to change and alleviate the cause which has brought us all together.

- Lack of political power available to low income people;
- Lack of economic power.

There is a desperate need for the helping agencies to see themselves as part of the community they serve. Often there are many agencies doing similar tasks. The reasons they do not join forces and interface is that they are afraid of losing their autonomy; afraid that someone will "move in" on their "turf." Until this attitude is changed, the "we - they" syndrome will persist.

What must be done and how it can be accomplished is addressed in the following section. These problems and possible solutions were the result of three hours spent with 40 or more community activists.

Some problems and questions that we face when considering community organizing:

1. How do we bring together existing community groups while at the same time enabling them to retain their autonomy?

This is the delicate question of turf or to put it more bluntly, the "competition for the poor." Some possible strategies are:

- Set up coalition around an issue; not a service, (e.g., tenant's rights, nutrition, consumerism, food).
- Share resources. (e.g., If one food center has 500 lbs. of potatoes, another 500 qts. of orange juice, trade.)
- Exchange people with expertise in different areas for a period of time.
- Jointly sponsor a community fund raiser.
- Jointly produce a newsletter.

2. How do we include recipients in the organization of programs?

In order to erase the "we - they" syndrome, we have to be sure that the services we are providing are what our clients need. Some ways of involving recipients are:

- Including a number of recipients on advisory board;
- Appointing a low income person to the Board of Directors;
- Affording opportunity for volunteer work in the center;
- Sending a questionnaire out to recipients;
- Train recipients in food stamps, WIC, so they can advocate for themselves and others;
- Ask recipients to help you.

Some examples of community participation in programs have been:

- Local School breakfast and lunch programs organized by parents' group.
- Unemployed & welfare recipients forming a union and learning how to help others through the system.
- Tenants unions where people have stood together to demand more equitable housing.
- Consumers unions where food stamp recipients have joined with others to do price watching in supermarkets.

3. How do we voice the needs of the poor to the community?

The answer to this is that "we", as an organization, don't tell that story. We give people the opportunity to sit down together and talk. Some ways of providing this dialogue are:

- Schedule a community meeting to discuss food price and inflation.
- Hold a nutrition workshop for the recipients and the supporters of the center.
- Hold training sessions in food stamp advocacy.
- Bring people together around issues rather than incomes.

4. How can we support each other?

Often social service work is very frustrating and lonely. At times we see each other as competitors:

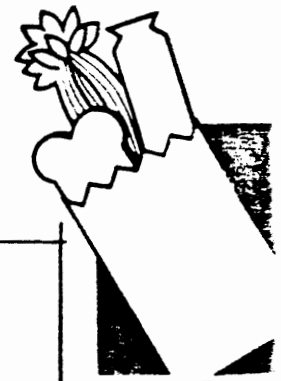
- For the same clients;
- For the same food;
- For the same grant;
- For the same recognition.

We, too, must come together around other issues. How we can help each other is by talking, meeting, making ourselves available to call others. We must also stay in touch with the people we serve. All administrators of programs should put time into the day to day operations of the center. We cannot afford to be separated from the work that is collectively being done.

The workshop decided to begin to develop a resource pool which can be drawn upon for help and guidance as you begin and expand your work. The following list indicates the participants in the workshop and what they are willing to be called upon for advice.

As a result of the conference, the New York/New Jersey Emergency Food Project has been formed to foster communications, support efforts, provide resources and assistance.

# Site Inventory



**FOOD BANK  
NETWORK**  
of Somerset County

Site # \_\_\_\_\_

Person Doing Inventory \_\_\_\_\_

Date \_\_\_\_\_

<u>Item</u>	<u>Qty. in Stock</u>	<u>Notes</u>
Soups	_____ cans	_____
Vegetables	_____ cans	_____
Tuna	_____ cans	_____
Tomato Products	_____ cans	_____
Fruit	_____ cans	_____
Macaroni Products	_____ boxes	_____
Macaroni & Cheese	_____ boxes	_____
Dry Milk	_____ boxes	_____
Beans	_____ cans	_____
Beans	_____ bags	_____
Oatmeal	_____ boxes	_____
Oatmeal	_____ bags	_____
Cornmeal	_____ bags	_____
Flour	_____ bags	_____
Rice	_____ bags	_____
Honey	_____ bottles	_____
Brown Bags	_____ each	_____
Plastic Bags	_____ each	_____
Misc.: _____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

P.O. Box 149  
Bound Brook  
New Jersey  
08805

201-560-1811

**Remember when we used to think hunger was inevitable?**

*3-2-X*



**WEEKLY FOOD BANK INVENTORY  
REPORTING FORM**

Week of: \_\_\_\_\_

FOOD CLASSIFICATIONS	STARTING INVENTORY	DONATIONS			WITHDRAWLS			ENDING TOTAL
		Date	Qty	Who	Date	Qty	Who	
Baby Food								
Beans (canned)								
Beans (dry)								
Canned Fruit								
Canned Meats								
Canned Soup								
Canned Vegetables								
Cereal (boxed)								
Corn Meal (bags)								
Diapers								
Dish Detergent								
Dry Milk (cases)								
Flour (bags)								

**New Jersey State Library**

WEEKLY FOOD BANK INVENTORY  
CONTINUED

FOOD CLASSIFICATIONS	STARTING INVENTORY	DONATIONS			WITHDRAWLS			ENDING TOTAL
		Date	Qty	Who	Date	Qty	Who	
Honey (cases)								
Infant Formula								
Macaroni & Cheese								
Macaroni Products								
Oatmeal								
Paper Towels								
Personal Items								
Rice (bagged)								
Rice (boxed)								
Soap								
Tissues								
Tomato Products								
Toothpaste								
Tote Bags								
Other								

VOLUNTEER RECORD FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ (home)

\_\_\_\_\_ (work)

<u>Date</u>	<u>Activity</u>	<u>Time In</u>	<u>Time Out</u>

I would be willing to: \_\_\_\_\_ bag food  
\_\_\_\_\_ transport food  
\_\_\_\_\_ interview applicants  
\_\_\_\_\_ pick up food in bulk  
\_\_\_\_\_ other  
\_\_\_\_\_  
\_\_\_\_\_

Acknowledged \_\_\_\_\_

Date \_\_\_\_\_

FOOD BANK NETWORK

FOOD PICK-UP/DELIVERY INVENTORY LIST



FOOD BANK NETWORK  
of Somerset County

Group Name \_\_\_\_\_

Date \_\_\_\_\_

Person Doing Inventory \_\_\_\_\_

Person Making Pick-Up/Delivery \_\_\_\_\_

Directions

1. Fill in above information
2. Separate and count food items according to the following list; and list the totals in space provided

Canned Meats or Macaroni	_____	Other: (please list if possible)
Canned Vegetables	_____	_____
Canned Fruit	_____	_____
Canned Tomatoes	_____	_____
Macaroni & Cheese	_____	_____
Tuna	_____	_____
Soup	_____	_____
Macaroni Products	_____	_____
Canned Beans	_____	_____
Powdered Milk	_____	_____
Oatmeal	_____	
Rice	_____	
Baby Food	_____	
Formula	_____	

P.O. Box 14  
Bound Brook  
New Jersey  
08806

201-560-18

Remember when we used to think hunger was inevitable?

FOR A LIMITED TIME ONLY...

FOUR NEW FOOD ITEMS HAVE BEEN ADDED TO THE FOOD BANK LIST. SERVE 1 PACKAGE OF EACH ITEM TO EACH APPLICANT:

1 BOX NON-FAT DRY MILK

1-5 LB BAG FLOUR

1-5 LB BAG CORNMEAL

1 PLASTIC JAR OF HONEY

THERE ARE NOW ALSO 2 lb. BAGS OF RICE. SERVE 1 BAG TO EACH APPLICANT AS WELL.



P.O. Box 14  
Bound Brook  
New Jersey  
0880

201-560-181

Remember when we used to think hunger was inevitable?

DATE OF APPOINTMENT \_\_\_\_\_

TIME OF APPOINTMENT \_\_\_\_\_

CLIENT NAME \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_



\*\*\* \*\*

- 1. Please list income for the month-
- 2. Please list date when income is received and amount- (paycheck, AFDC check, Food Stamps, any other income)

3. Please list all bills:

BILLS

DUE DATE PER MONTH

- 4. How much of your income is left to spend on food per month-
- 5. How much money do you spend on food per week-
- 6. Please list one weeks menu for you and your household on a separate sheet of paper including food, paper items, beverages, toiletries, other.
- 7. Do you food shop for your household-
- 8. Where do you shop-
- 9. How many times a week do you shop-
- 10. Do you clip coupons-
- 11. What type of coupons- (Manufacturers, store)
- 12. Do you bake-
- 13. How many times per week, month year-
- 14. What do you bake-

- 15. What shopping preparations do you perform at home before you shop-
- 16. Do you make a shopping list-
- 17. Do you bring a shopping list to the supermarket-
- 18. What shopping items are you ALWAYS running out of-
- 19. What would you like more information on in these categories-
  - a) your diet
  - b) supermarkets(all about shopping)
  - c) cooking/baking
  - d) cutting meats/poultry
  - e) beans(canned and dried)
  - f) food cooperative
  - g) community garden programs

\*\*\*\*\*

*Note any referrals  
reactions*

Counselors comments:



BUDGET COUSELING- Where to begin???

GOAL: Help client become aware of eating habits, cooking habits, shopping habits, and money-spending habits.

-Don't expect to be able to solve the clients financial crisis or to change their eating habits.

1st step-

-have client fill out information sheet

-make appointment for client to return with information sheet completed

2nd step-

-counselling session

-reassure client that she or he is probably doing the best that they can on a limited income, but together you can explore some new ideas.

-read over client information sheet

-question #3

suggestions:

-pay certain bills same time each month(rent, utilities, phone)

-for personal loans amount can vary each month with income

-if client has certain "luxury" items that run-up the monthly bill, suggest the removal of the item or if possible for client to cut back on the item. For example; cable television, video games, telephones, laundry service, credit cards(sterns, bambergers.etc.) air conditioners, eating out at fast food restaurants.

\*\*\* This is a very "touchy" subject, it all depends on client and their individual situation, to some clients, telophones are luxury items. Remember goal- gently remind client that if they are in an emergency situation at the end of every month, they must choose their priorities, telephones or food, video games or food.

-question #6

- review the menu

use your better judgement, if the client is eating steak and shrimp for dinner every evening the suggestion is obvious

Other menu suggestions:

-poultry is less expensive than beef and healthier for the diet

-powdered milk is less expensive than bottled and equal in nutrients

-cereal-~~corn flakes~~ <sup>corn flakes</sup> best buy, sugared cereals are expensive and dangerous

-"no frills" are good buy, always compare prices

-cooking with beans-less\$\$\$ and great protein source

- baking is always less expensive and a great way to save money
- juices. frozen juices are less expensive and equal in nutrition
- any other suggestions from you?

3rd step

-the rest of the information sheet concerns shopping and supermarket preparation. Inform client on supermarket manipulation.

See notes.

UNIT PRICING

Unit pricing permits you to compare "like" items either in different sizes or the same size to find out which one is the better buy. The unit price marker is found on the shelf under the package. On the right, it shows the name, weight and price of the item. On the left is the unit price. You compare the unit price with the left-hand unit price on the other packages. For example, assuming the quality is comparable, Brand B Vegetarian Soup is the better buy.

VEGETARIAN SOUP NET WEIGHT 10 3/4 oz. (305 grams)			
Unit Price	You Pay	Unit Price	You Pay
50.8¢		29.4¢	
per lb.	3/\$1.00	per lb.	20¢
BRAND A		BRAND B	

FOR FOOD ACTION  
IN NEW JERSEY, INC.  
2706 Fifth Street  
Fair Lawn, N.J. 07410

Adapted from "Ways to fight fool-flation," Family Circle

Is a non-profit, private, tax exempt organization.

CFA is NOT a federal, state or county run organization. CFA has no ties with the welfare or food stamp offices, they work with CFA only to refer people to us for emergency food packages.

.....SERVICES PROVIDED.....

1.) On REFERRAL BASIS ONLY: CFA provides a three day, nutritionally balanced food package. There is a limit. The maximum is four times a year, (April to April). This is to try and insure that as many people as possible are helped. All of our food is donated.

2.) If you are having problems receiving your welfare, food stamp, social security, disability benefits (and others), CFA has an Advocate on staff who will do as much as she can to help you out. If CFA can't help you directly, we will at least refer you to someone who can help.

3.) If you need help with information on food budgeting, self-help methods, alternative food purchasing, proper nutrition, please call: ~~561-1804~~. We will be able to help.

PLEASE HELP US HELP YOU. If you have any problems you think we can help you with, CALL CFA 791-3828

Thank you\*\*\* Keep Well  
The Staff

For all food packages, you must go through a referring agent, that can be your priest, minister, rabbi, any civic organization, hospital, doctor, etc...



What is in your food package?

A three day supply of a nutritional breakfast, lunch and dinner. Listed below is what CFA suggests for your three day supply. Please remember all the food is donated, we do the best we can with what we have.

.....FIRST DAY.....

Breakfast:

Lunch:

Dinner:

.....SECOND DAY.....

Breakfast:

Lunch:

Dinner:

.....Third Day.....

Breakfast:

Lunch:

Dinner:

## CONTROLLING FOOD COSTS

1

after planning the meals that you will serve, remember:

### A. MAKE A SHOPPING LIST

1. Check cupboards, refrigerator and freezer
2. Organize your list. List all frozen foods, produce, bakery items, etc. together.
3. Check newspaper advertisements for special food purchases.
4. Clip coupons for items you need or have been waiting to buy.

### B. AVOID IMPULSE BUYING

1. Eat before you shop
2. Carry a shopping list
3. Shop alone
4. Shop as infrequently as possible
5. If shopping for only a few items, don't use a shopping cart, to avoid buying more than you need.

### C. CHECK LABELS FOR:

1. Price
2. Net Weight
3. Product description
4. Ingredients
5. Nutritive information
6. Grade
7. Recipes

### D. COMPARE

1. Quality
2. Cost per serving
3. Fresh, frozen, canned or dried forms

### E. CHOOSE GRADES THAT FIT END USE

Lower grades are less attractive and cost less than higher grades. All are equal nutritionally.

### F. BUY IN QUANTITY

1. Food in large containers is usually cheaper
2. Stock up on sale items if you have the storage space, the money and if you'll use them.

KEEP ITEMS PURCHASED WITH FOOD STAMPS SEPARATE FROM OTHER PURCHASES

---

### SOME NUTRITIOUS EASY INEXPENSIVE SNACK IDEAS:

fresh green peppers sliced  
carrot sticks  
fresh raw broccoli  
crackers and peanut butter  
celery and peanut butter

fresh fruit  
cereal  
popcorn

Some helpful hints for the budget-counselor

1. IF TIME ALLOWS

- visit local supermarkets, vegetable stores, street corner food markets and compare prices of "basic food items". Offer a hand out sheet to you clients.
- find out when the local supermarkets offer their best sale prices. Find out the best day of the week for your client to shop.

2. Know the local food programs to refer clients to, for example:

- food cooperatives
- community garden programs
- W.I.C. program
- Senior Citizen nutrition sites
- Hospital clinics

} give them a phone call, find out what they are all about. Ask them how to refer your clients to their program.

3. Have a variety of food menus, nutritional information and supermarket information on file. (ask me for available copies)

4. Know what dented, swollen, or irregular cans look like. Have examples on hand for your clients to see.

5. Get a basic book on nutrition- Do you know what the basic four food groups are?

6. Test out Budget-counselling on your friends, family, co-workers or yourself.

7. SPECIAL DIETS : BE CAREFUL! Counselling for diabetics, people with high-blood pressure, hypoglycemia. etc. is very tricky. Do not counsel them on their specific diet. Refer them to a local hospital dietitian that specializes in these problems.

8. Confused, have a tough problem to solve, looking for recipes, nutrition literature or other information??? Give me a call, Caroline Carter at 201-569-1804



IT'S THE LAW!!

MAKE SURE YOUR  
BABY IS A  
LAW-ABIDING  
CITIZEN!

Automobile crashes kill more young children than any other kind of accident or disease. An infant can be thrown forward with a force of 300 lbs. at 30 mph.

PROTECT YOUR LOVED ONE TODAY!

Rental Fee: \$15.00  
Refund: \$5.00 upon return of car seat.

SAFER THAN  
MOMMY'S ARMS

THE FOOD BANK NETWORK OF SOMERSET COUNTY IS SPONSORING AN INFANT AND TODDLER CAR SEAT PROGRAM. FOR A SMALL FEE YOU CAN LEASE AN APPROVED INFANT OR TODDLER CAR SAFETY SEAT. FOR MORE INFORMATION:



P.O. Box 149  
Bound Brook  
New Jersey  
08805

560-1813

47X

STAY IN THE CITY AND WAIT:  
A REPORT OF THE NEW BRUNSWICK EPISCOPAL  
URBAN WORK COMMITTEE ON THE OPEN HEARING  
FOR THE UNHEARD

To:

CITIZENS, CHURCHES, GOVERNMENT AND BUSINESS  
COMMUNITY OF THE CITY OF NEW BRUNSWICK

New Brunswick Episcopal Urban Work Committee

NEW BRUNSWICK EPISCOPAL URBAN WORK COMMITTEE

Catherine Ambos, President

Everette Freeman, Coordinator

All Saints Episcopal Church, Highland Park, New Jersey

Charles DeVoe

Rita Guscott

Christ Episcopal Church, New Brunswick, New Jersey

Canon Frank Carthy, Pastor

Rev. Gary Blumer, Assistant

Catherine Ambos

Paul Ambos, Esq.

Harriet DeMatteis

Nancy Lown Young

Saint Alban's Episcopal Church, New Brunswick, New Jersey

Rev. Laughton Thomas, Pastor

Joseph Tinley, Treasurer

St. John the Evangelist Episcopal Church, New Brunswick,

New Jersey

Rev. Norman Farnlof, Pastor

Everette Freeman

Michel Kellum

Kenneth Reed

St. Michael's Episcopal Chapel, Piscataway, New Jersey

Rev. Henry Atkins, Pastor

Ardis Vaughan

Rev. Roberta Clemens, Coordinator Designate

1984-1985

Official Listeners

Hannah Atkins	Linda Carman
Elizabeth Durham	Arthur Jack
Juanita Messer	Peggy Pearse
Eugene Piker	Ken Reed
Carlos Santiago	Kathryn Weaver

Hearing Day Facilitators

Paul Ambos	Lillie Hardingham
Keith Mc Coy	

STAY IN THE CITY AND WAIT:  
REPORT OF THE NEW BRUNSWICK  
EPISCOPAL URBAN WORK COMMITTEE

Acknowledgements

"And behold, I send the promise of my Father upon you; but stay in the city, until you are clothed with power from on high."

- Luke 24:49

We, members of the Episcopal Church community of New Brunswick, Highland Park, and Saint Michael's Chapel, Piscataway, invited the poor, needy, and oppressed of New Brunswick to speak to us about their problems at a public hearing. That hearing was held on Saturday, June 9, 1984, at Christ Episcopal Church, New Brunswick.

We were not all together sure what it was that we were going to hear or, indeed, if any would come to tell us about the pains, frustrations, disappointments, hopes and dreams of living poor, needy, old, forgotten, disabled or unemployed in this changing city of ours. Well, you did come!

We thank all of you who came to Christ Church simply to listen. We thank you who came to tell stories that needed to be told and heard in these times. Thanks also go to the New Brunswick Council of Churches, representatives from social services organizations, the "Home News" daily paper, and radio stations WCTC-AM and WMGQ-FM for their

participation. We were especially pleased that Robert Goodman, legislative aide to State Assemblywoman Angela Perun, remained with us the entire hearing day listening to the problems of some of the residents of the Assemblywoman's district. We congratulate Assemblywoman Perun for continuing to demonstrate genuine, compassionate leadership.

We do not intend simply to go now about our business smugly assured that we did our Christian duty by setting aside one day to mingle with troubled folks. To do that would be to violate your trust in us. To do that would be to exploit rather than to help.

We promised we would take the information generated by the hearing and develop our uniquely Episcopalian response to it. This report reflects our eager and earnest attempt to formulate viable responses to the concerns and problems voiced during the day of open hearing. As such, this report is the work of Christian men and women who are not politicians or social workers, but committed souls grappling with complex and oftentimes overwhelming problems. If this report lacks the facts and figures or polished, public relations veneer that experience typifies, we make no apologies because its authors - none of whom claim expertise in city administration or social welfare - were tackling issues that have tried the patience and intellectual resourcefulness of politicians and social workers for years. And we address these problems and concerns with the abiding faith in the power of

transforming change through committed action. No, we're not miracle workers. No, we can't reduce the unemployment rate or monthly rent. But we will do the big and small things we can. And this report reflects our ideas and ideals about what we can do; what we think others can do.

On behalf of the clergy, vestries and members of the five Episcopal churches in the community - Christ Church, Saint Alban's, and Saint John the Evangelist in New Brunswick, Saint Michael's Chapel in Piscataway, and All Saints Church in Highland Park - we thank all of you who told your stories or simply came to hear others when we issued our call to speak to us.

New Brunswick Episcopal Urban Work Committee

STAY IN THE CITY AND WAIT:  
REPORT OF THE NEW BRUNSWICK  
EPISCOPAL URBAN WORK COMMITTEE

The Present Reality

The testimony presented at the Hearing indicates that the Episcopal Church community of New Brunswick is being challenged to reaffirm the dignity and worth of all New Brunswick citizens - especially the poor, needy, old, disabled, distressed, forgotten and unheard - during these times of rapid, urban revitalization. The challenge presented is a simple one: for the Episcopal Church community to standfast with the weak and inarticulate against the powerful and resourceful in deciding the fate of New Brunswick, even at the cost of dismaying or alienating local city, business and educational leaders. One of the speakers at the Hearing expressed the nature of the challenge best when he said: "Why are you having speakers today telling you about the situation in New Brunswick? Are you ready to make a commitment for those who cannot speak? I don't know. I hope so, because it has been time that someone in this place speaks for those who deserve to live better, for those who are, like all of us, children of God, for those who are Christians, like us, or maybe not, but that doesn't matter...In order to complete this new New Brunswick, many of our places have been cut from heating

during wintertime: That is a crime, an institutional crime. Many houses have been burned down: That's a crime. Many places that pay \$400 a month have been raised to \$600: that's a crime. Is the Episcopalian church ready to confront that? I don't know."

What we know is that all of the speakers at the Hearing in one way or another asked the same question: Is the Episcopal Church community ready to confront the problems and the root causes? Again and again in the Hearing, the Church was looked to for guidance and leadership in address problems as well as in tending to purely spiritual needs, as if the two can be separated.

What we know is that our Episcopal Church community consists of five parishes in and around New Brunswick that are determined to remain a part of the New Brunswick community sharing in its hopes and difficulties. What we know is that our mandate from Jesus Christ is to stay in the city and await the Holy Spirit to empower us to carry on and that we intend to stay.

What we know is that our silence in the face of urban injustice in this city earns us no place in the Heavenly City of God. What we know is that we are commanded as Episcopalians to help the discouraged masses if we are to be true to our faith.

For us, therefore, the present reality is that we are obliged to speak for the whole New Brunswick community or betray our Christianity. That means that necessarily we

must align ourselves with the poor and needy of the city, not against any others, but firmly with all those working toward bringing about a better life for those most needing a helping, caring hand. The reality is that our faith requires this stand and no other. That is the present reality.

#### We Heard What We Expected

The Hearing was designed to give those whose cries and voices are often ignored, even by the institutional church, an opportunity to speak about their problems and concerns. From the outset, we did not anticipate hearing any startling revelations nor did we hear any. We know only too well the concerns of the city's unheard, poor and needy, as we attend to these concerns through our outreach activities.

We did not expect the Hearing to produce elaborate statistical information about the city's poor, the availability and state of the housing stock, rates of unemployment and underemployment, or the number of homeless wandering around New Brunswick. While we think such information is indispensable in assessing the health and vitality of a community - and we look to urbanologists and government agencies to develop and make available these data - our primary interest was in hearing first-hand accounts of what it is like to live in this city on fixed income or no income, without adequate living space or any living space, without food or prospects for employment. Those who tell these stories usually are not armed with

reams of statistics about their problem. They wear their data on their gaunt and harried faces and carry their informed statistics in their teary eyes and hunger-ravaged bodies.

What we expected to hear and indeed did hear was a view of life in New Brunswick as a human fact rather than a statistical abstraction. We heard the unvarnished "micro" or personalized and subjective view of life in this city given flesh and meaning by the telling of it. And this qualitative, "my story" report on New Brunswick is what we wanted and got.

No, we didn't get long lines of people wanting to spill their guts to virtual strangers, but we did get from those who spoke enough information about the problems as they saw them to confirm what we already knew about the difficulties faced by New Brunswick's elderly, poor, unemployed, disabled, homeless and troubled.

#### Dominant Issues Raised at the Hearing

There were a number of issues raised at the Hearing with such regularity as to constitute themes that dominate the whole range of problems besetting New Brunswick's unheard.

##### A. Housing

Housing seems to be the major concern of those who spoke at the Hearing. From what we heard, it seems that people are being displaced by: (1) the city's revitalization either directly through housing

condemnations or indirectly through landlord rent escalation and speculation; (2) a pattern and practice of official callousness by elected and appointed public servants who place the concerns for urban development problems above citizen needs; (3) the continued lack of adequate housing for fixed income residents; (4) inadequate transient housing; and, (5) the persistent absence of a policy and program to preserve the existing housing stock at affordable rental and purchase prices while new, affordable, rental and purchase housing are constructed.

New Brunswick has a rich history of providing a place to live for those escaping political or religious tyranny. It would be tragic if this city now became known for its refusal to provide housing for those fighting the economic tyranny of being poor, elderly, unemployed, earning inadequate wages, on welfare or social security, or misfortunate. No urban revitalization program can be considered just if it unjustly denies its entire citizenry the opportunity to enjoy the fruits of urban change. No city can revive itself by fostering a climate of real estate speculation that favors those with money displacing those who are moneyless. New Brunswick ought to continue its development and growth, but it ought to do so through a deliberate policy and program of resident retention rather than resident displacement.

Such a policy requires elected and appointed officials to be sensitive to the needs of all the city's residents.

We can only describe as morally and perhaps legally criminal behavior the duplicity and actions of some public officials in vacating houses to make way for playgrounds and parking lots. There is something awry in public service to a community where the servant becomes the citizens' master and where accountability seems to be to the few rather than the many.

One of the surest ways of removing economically unwanted residents from a city is to balloon the tax and rental rates beyond their means. Fixed income residents have borne the brunt of New Brunswick's revitalization in seeing their property taxes and rents escalate beyond their limited budgets. This has been true especially for the elderly and others on fixed incomes. And the net effect of this pattern has been to create the fear if not the actuality of displacement because of inability to pay increasing living costs, whether they be in the form of increases in property taxes or rent.

Along with the increasing fear of displacement by fixed income residents, there are those who really have no home in New Brunswick, save where they are able to bed down. These are our city's transients, men and women who are economically or emotionally unable to secure and maintain permanent housing. Their plight stands as a stark contrast to the luxury accommodations travellers with money may obtain at the city's new Hyatt Hotel. Clearly, the Hyatt is an important addition to our city's

revitalization, but so too are shelters for those without funds for carpeted hotel accommodations. It is a simple matter of urban justice to have one where the other exists.

The final major housing concern expressed was the need for a comprehensive urban renewal program that works at improving the existing housing stock in New Brunswick while creating new, affordable purchase and rental properties. Just as in Old Testament times it is true today that where there is no vision the people perish.

#### Recommended Remedial Action

New Brunswick needs carefully to work out and implement a far-sighted revitalization program, which will balance the needs of commercial and residential redevelopment. At the heart of such a program should be a housing commission or similar agency which would work with city and county housing and human services officials, community action and church groups, and low and moderate income renters and homeowners in New Brunswick to assure affordable housing consisting of capital improvements of existing properties and new residential construction.

Furthermore, certain short term and long term actions should be matters of the highest priority. Among the short term actions, we recommend that the city administration place an immediate moratorium on tenant and small business evictions until a coherent redevelopment plan, sensitive to the needs of all city's residents, is submitted to the resident of New Brunswick for their approval. This plan

could be approved by majority vote following a series of town meetings held at the State Theatre. The New Brunswick Council of Churches could serve as the watchdog agency to ensure compliance with the moratorium. All existing transient housing facilities should also be permitted to continue functioning in their present location at their current level pending the development of a viable transient housing program by New Brunswick officials, the American Rescue Mission, and local church groups that have been working with transient home seekers. There should also be a moratorium on industrial and commercial tax abatements until similar programs are developed for residential refurbishing for homeowners who commit themselves to living in their renovated properties for a period no less than three years. This would prevent speculators from unfair use of any residential renovation abatements.

By way of long term action, the city should develop a residential arbitration board composed of citizens randomly selected from voting registers, welfare and unemployment insurance rolls, and those recommended by community action groups to serve as third party neutrals in hearing tenant-landlord complaints. This service could be similar to jury duty except that the arbitration hearing would be a non-legal proceeding designed to avoid the cost and delay of court action. It would help eliminate the feeling among residents and property owners that they have no fair and effective vehicle for redress of their tenant problems.

In terms of the overall vitality of New Brunswick, New Brunswick Tomorrow should be restructured to provide greater participation by community residents and less de facto control by Johnson and Johnson, Incorporated. The reconstituted New Brunswick Tomorrow, in cooperation with the city, should embark upon an intensive program for producing subsidized, low-income housing. Additionally, the Hyatt should be required by the city to keep two rooms available as "manger suites" for entire families whose emergency needs cause them to be without housing for a night. This would certainly elevate the Hyatt in the eyes of civic and business people as a company dedicated to the ideal of meaningful, corporate responsibility.

#### Employment

Black and Hispanic New Brunswickers suffer disproportionately higher rates of joblessness than do whites ethnic New Brunswickers. Although the reasons behind the situation are complex, employer prejudice appears to weigh heavily among the explanations of this disparity. Hardest hit of all are the Black and Hispanic youth. Employers still appear reluctant to hire those whose skin color or cultural heritage denote African, Latin, or Caribbean roots. Even when such is not actually the case, employers appear to perceive Blacks and Hispanics as having less ability, training, education and mental competence to fulfill the broad spectrum of job opportunities. The results

of this oft-incorrect perception is that Blacks and Hispanics are either not hired at all or hired to perform scullion jobs.

Unfortunately, even when the employer is willing to hire without prejudice, Black and Hispanic job candidates often fail to secure or maintain a job because they lack adequate transportation to get to work. It makes no difference if employers in the industrial parks of Jersey Avenue, New Brunswick are willing to hire all comers, if applicants have no way to get to Jersey Avenue.

#### Recommended Remedial Action

The area Private Industry Council <sup>(1)</sup> (PIC) should provide grants as incentives to Middlesex County companies that will make extraordinary efforts to hire Black and Hispanic New Brunswickers. Another special program should be developed, using money which the U.S. Department of Labor has made available to <sup>(2)</sup> hire youth for summer jobs and after-school work. To ensure that these initiatives are realized, <sup>(3)</sup> the PIC should be expanded to include membership of two clergypersons or clergy representatives - one from the New Brunswick Council of Churches and the other from the New Brunswick Episcopal Urban Work Committee - to provide <sup>(4)</sup> greater city involvement in PIC planning.

#### Food

It is a sad irony that New Brunswick can boast about its many new restaurants - some expensive and others fast food chains - while at the same time the central city area

is without a full-fledged, grocery store. If senior citizens, for example, wish to shop at an A & P or Foodtown store they must have transportation to reach these stores or rely upon poorly scheduled, public transportation. Indeed, there has not been a major grocery store in downtown New Brunswick for half a decade. We find no justice in the fact that those who have the least transportation resources - the poor, the elderly, and those with fixed incomes - have no option but to rely on public transportation, cab, or rides with friends or relatives to shop where most consumers buy their food: major grocery chains.

For those without money to buy food, where the grocer is located makes little difference. We heard testimony from people whose only daily meal is provided by St. John the Evangelist Episcopal Church's "Lunch on the House of God" program. We also heard stories about folks whose food stamps or limited funds run out long before month's end and who are thereafter left to petition the churches for food.

We agree with the speaker who reminded us that: "...one of the grave needs for families is that the mother be able to buy food at the supermarket or wherever and bring it home to her own house and prepare it and put it on the table for her children and maintain therefore the sense of security in those children that their parents can deal with the problems in their life...". This need is violated when we permit families to scrape month to month for

sufficient funds to feed themselves or where we, church people, fail to declare our dissatisfaction with institutions that perpetuate this litany of humiliation.

#### Recommended Remedial Action

We - members of the Episcopal Church community in New Brunswick - will <sup>1</sup> continue to do our part to provide food for the hungry through the St. John the Evangelist soup kitchen. We also commit ourselves to <sup>2</sup> expanding our efforts, alongside FISH, Inc., to stock each of our churches with nonperishable foodstuff for emergency needs.

We recommend that one or more of New Brunswick's denominational church communities open a soup kitchen of their own to complement the Lunch on the House of God program. This program might, for example, offer meals on weekends and during the evening.

We recommend that Rutgers University's Cook Agricultural College and Agricultural Extension Division, the New Brunswick Coop in conjunction with the Episcopal Diocese of New Jersey and the Catholic Diocese of Metuchen embark immediately upon a program to bring into existence a cooperative grocery chain of at least two stores to satisfy the shopping needs of New Brunswick residents. These stores should be located near concentrated residential areas, for example, on George Street and Joyce Kilmer Avenue. By involving Rutgers in the enterprise, the cooperatives would have the best home economics, food science, agricultural science,

and horticultural specialists working with church and self-help organizations interested in the food and grocery problems in New Brunswick.

#### Hygiene

It was reported in informal discussions during the Hearing that there is no place in New Brunswick to go to wash oneself or one's clothes and no public restrooms.

#### Recommended Remedial Action

We recommend that Christ Church open its basement facilities as a transient shelter. This clearly would be welcomed and represents an excellent use of the ample basement facilities of Christ Church.

#### Prostitution

The problem of prostitution was raised at one point during the Hearing. It was reported that prostitutes apparently have moved their solicitation business to French Street between Suydam and Townsend Streets. The sexual soliciting is done openly and is attracting increased vehicular traffic to this commercial/residential area after dark.

#### Recommended Remedial Action

Prostitution may be the oldest profession known but there is no reason New Brunswick should be a center for prostitution. The area of French Street where prostitution is hatching should be constantly monitored by police on foot and in patrol cars to protect residents of the area as

well as the prostitutes themselves. The churches should develop a special outreach program to minister to the prostitutes' spiritual and other needs, as they also represent a part of the "unheard" people of this city.

Testimony before N.J. Commission on Hunger

Wednesday, March 13, 1985

The Hungry in Trenton and the Greater Trenton area are the chronic unemployed, the elderly, the single male or female with mental health problems, the homeless, those on municipal welfare, many on county welfare.

We are a private, non-profit agency under the approval of the Catholic Diocese of Trenton. Mt. Carmel Guild began serving the needy in 1920 at our present location at 73 North Clinton Avenue, Trenton, New Jersey.

Our programs include Emergency Assistance, Home Health Nursing and Day Care for 3 to 5 year old children of working parents. We serve those of low income or those who are poor with little or no income.

In our Emergency Assistance Department, we hold a large food pantry. We are called upon daily for help for clients of both County and City Welfare who are in need of immediate help with food. We serve approximately 6,000 persons a year. We have an unduplicated client population of 800 families and fifty (50) single persons. This population is constantly changing. We see at least 40 new clients a month while others disappear. 90% of those who come to us are in need of food about 10% are those who have little or no food as attested to by the referring welfare agency or our own home visit.

The hunger we see seems to be caused by many factors. We will attempt to outline and illustrate as many as we can.

The chronic mental health patient who is often homeless is one of the hardest to help. The street becomes their hiding place or refuge. Their behavior is bizarre enough that they cannot seem to survive long in any shelter placement whether supervised or unsupervised. They are the victims of other homeless or unscrupulous persons so that they cannot hold on to any money or possessions. E. is an example. She's about 50 or 55 years old, a chronic victim of schizophrenia. She comes in to us several times a month. She may be wearing several layers of clothes. Her address changes constantly. In the coldest time of the year she was sleeping in a church or in an abandoned home. Every agency knows E. and tries to help. She is often hungry.

The City Welfare recipient gets \$127 and \$75 in food stamps. His or her rent may be \$120. The food stamps go quickly when you have to eat out because you have no cooking facilities in your room. The soup kitchen is the only place that helps. If your behavior is disruptive, you may be barred from participation there. Sometimes J. refuses to eat there for his own reasons.

County Welfare grants are regulated by criteria that are needed to make some reasonable guidelines. If you are over the guidelines by \$1, you are ineligible. At times, the Welfare grant is simply not enough. Mrs. M. pays \$295 in rent and receives a \$290 grant. Where does the extra come from? I don't know.

Those who have lost a job due to illness are often in a double bind. Their bills increase, they don't feel well enough to think clearly, yet all of their needs continue. When they get notice that bills are due with a threat of a collection agency or a lawsuit implied, they panic and pay the entire bill. The result is they have no money for food. They are too ill,

sometimes, to travel to the agency for help. We have caseworkers who go out to people. They try to work with them until they are in a better situation.

If a person's educational background is poor, if he or she does not know how to manage money or if their jobs disappear, these situations can lead to hunger or deprivation of nutritional food.

Another cause is the cutting back by the Federal government on programs such as AFDC (Aide to Families with Dependent Children), WIC (Women, Infants and Children) and school nutrition programs as well as food stamps.

There are some who, in order to keep from being hungry or homeless, cannot afford to work for low wages and few benefits. It is better to be on welfare.

Other causes include divorce, abuse of alcohol and drugs and language barriers.

Another whole population of hungry are the sick, elderly shut-ins. These persons cannot cook or shop.

Perhaps, in summary, we could suggest legislation which will bring Title I Commodities for congregate feeding sights such as Rescue Mission and the Soup Kitchen.

We also ask for provision of realistic supplements or grants to those who must depend on welfare.

We recommend that the Commission members spend time at the sights of those agencies which serve the hungry in order to observe first-hand what is happening.

If we can help in any way in your study, please let us know.

Sister Estelle Bobrowski  
Administrative Director/  
Executive Secretary  
Mount Carmel Guild  
73 North Clinton Avenue  
Trenton, New Jersey  
(609) 392-5159

Dear Distinguished Members of the Panel:

The Trenton Area Soup Kitchen opened its doors to the hungry in January 1982 and has continued serving a lunch-time meal in the basement dining room of the First United Methodist Church located at 15 South Broad Street in Trenton, New Jersey.

When the Soup Kitchen first opened, if a total of 40-60 people were served it was considered a heavy day. Today, we serve an average of 230 persons daily with the count reaching 350-400 at the end of the month. For us here, even to experience 410 people has not been particularly uncommon. Obviously, when public assistance money and food stamps run low, people turn to us to help them through these difficult periods. To be even more specific, a total of 52,396 meals were served in 1983 as compared with 59,700 meals served in 1984. Furthermore, the first two months of 1985 have already brought us 10,202 hungry people. These figures may be shocking but they are real.

Inasmuch as the Soup Kitchen has now been in existence for three years now, a quick overview of the operation is as follows:

The survival of the Trenton Area Soup Kitchen depends solely upon the financial generosity and concern of local churches and individuals. To further elaborate, the budget for the Soup Kitchen in 1984 stood at \$48,000; \$57,000 was ultimately expended. This year our budget stands at \$68,000. Our paid staff consists of a Director, a cook and one

part-time senior citizen aide. Work towards the care and maintenance of the Soup Kitchen comes from welfare workers (GAP workers), who are provided by the City of Trenton. The actual serving of the lunch meal from 1:00 - 2:30 is graciously provided by the efforts of volunteers from 20 local churches who take turns coming one day per month, Monday through Friday.

On the whole our public support has been and remains very high. The only problem concerning the existence of the Soup Kitchen ironically stems from local Trenton merchants who feel our central location in town (where the greatest need exists) has adversely affected sales in their stores. Other than this, we have continued to have a positive working relationship and support of many local officials.

In closing, we would like to leave the panel with the following message: The statistical data reported above tells only a small part of the Soup Kitchen's story. The services offered by the Soup Kitchen are needed by each member of our population be they unemployed, families who find themselves in temporary need, outpatients with minimal support systems, or our even increasing number of elderly. Our relationship with local agencies such as the Hanover Street Crisis Ministry, the Rescue Mission, Community Mental Health Center and the Community Crisis Center have been valuable links in helping meet the physical and emotional needs of the people we serve.

The Trenton Area Soup Kitchen stresses the attitude of respect for our clients and constantly strives to offer them the dignity they deserve as human beings. Outside our doors the number of people seeking our services grows increasingly each month and we look forward to sharing our food with those who continue to seek our services as long as the need shall be.

Thank you,

Submitted by,

Beverly Mills, Director of T.A.S.K.

