

Elk Grove Food Bank

HUNGER MYTHS & REALITIES



Hunger is a more serious problem in our community than many people realize. With service to nearly 6,000 individuals living in or near by, it is easy to understand how so many people are just one step away from hunger. Families, single-parent households, seniors living on fixed incomes, low-wage workers, disabled/medically fragile and the homeless of our community all need assistance to assure they will not go hungry. Food is one of the few flexible items in a family's budget, and very often people will do without food to pay other bills, especially older adults.

Myth: People are poor because they are too lazy to work.

Reality: Individuals seeking food assistance are typically a part of hard working families living below the poverty line.

Myth: People at food pantries need help because they have too many kids.

Reality: The average family seeking assistance consist of 3-4 people, usually a mom and two or three children.

Myth: All poor people get food stamps.

Reality: In Elk Grove Food Bank's service area, fewer than half the individuals that are eligible for food stamps actually receive them.

Myth: I'll never need to use the food pantry/food bank.

Reality: No one plans to be poor. Many people live from paycheck to paycheck and all of a sudden, there's a medical emergency, divorce, death of average earner or natural disaster, and people need help.

Myth: Most hungry people are homeless.

Reality: The opposite is true. 95% of those served at EGFBS are not homeless.

Food Distribution Site:

9820 Dino Drive, Suite 140, Elk Grove, CA 95624

Hours served at Food Distribution Site:

Monday – Friday: 10 a.m. – 3 p.m.

Saturday: 9 a.m. – 12 p.m.

Sunday - closed

Contact Information:

www.elkgrovefoodbank.org

916-685-8453 (Office)

916-714-9931 (Fax)

916-512-0144 (CalFresh)

