INCREASING NUTRITIONAL VALUE IN FOOD BANKS

Students assisting Hunters Helping the Hungry deliver meat products to local food banks.

Tag Words: Malnutrition, Hunters Helping the Hungry, Food Banks, Hunger Solutions.

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The Issue: Malnutrition (SK)

Introduction:
Malnutrition is an insufficiency of one or more nutritional elements necessary for health and well-being. Primary malnutrition is caused by the lack of essential foodstuffs—usually vitamins, minerals, or proteins—in the diet, needed to maintain healthy tissues and organ function. In some areas of the world a poor economy or such regional conditions as drought or overpopulation cause a scarcity of certain foodstuffs, and a certain portion of the population is malnourished because essential nutrients are not available. However, even when food is plentiful, malnutrition can result from poor eating habits. Secondary malnutrition is caused by failure of absorption or utilization of nutrients (as in disease of the gastrointestinal tract, thyroid, kidney, liver, or pancreas), by increased nutritional requirements (growth, injuries, burns, surgical procedures, pregnancy, lactation, fever), or by excessive excretion (diarrhea) [1]. Malnutrition occurs in people who are either undernourished or over-nourished. Under-nutrition is a consequence of consuming too few essential nutrients or using or excreting them more rapidly than they can be replaced. Infants, young children, and teenagers need additional nutrients. So do women who are pregnant or breastfeeding. Nutrient loss can be accelerated by diarrhea, excessive sweating, heavy bleeding (hemorrhage), or kidney failure. Nutrient intake can be restricted by age-related illnesses and conditions, excessive dieting, food allergies, severe injury, serious illness, a lengthy hospitalization, or substance abuse. The leading cause of death in children in developing countries is protein-energy malnutrition. This type of malnutrition is the result of inadequate intake of calories from proteins, vitamins, and minerals. Children who are already undernourished can suffer from protein-energy malnutrition (PEM) when rapid growth, infection, or disease increases the need for protein and essential minerals. These essential minerals are known as micronutrients or trace elements. Two types of protein-energy malnutrition have been described—kwashiorkor and marasmus. Kwashiorkor occurs with fair or adequate calorie intake but inadequate protein intake, while marasmus occurs when the diet is inadequate in both calories and protein [2].

Statistics

- About 1% of children in the United States suffer from chronic malnutrition, in comparison to 50% of children in southeast Asia. About two-thirds of all the malnourished children in the world are in Asia, with another one-fourth in Africa [2].
- There were 923 million malnourished people in the world in 2007, an increase of 80 million since 1990, despite the fact that the world already produces enough food to feed everyone - 6 billion people - and could feed the double - 12 billion people [3].
- Childhood malnutrition is generally thought of as being limited to developing countries, but although most malnutrition occurs there, it is also an ongoing presence in developed nations. For example, in the United States of America, one out of every six children is at risk of hunger [4]. A study, based on 2005-2007 data from the U.S. Census Bureau and the Agriculture Department, shows that an estimated 3.5 million children under the age of five are at risk of hunger in the United States [5]. In developed countries, this persistent hunger problem is not due to lack of food or food programs, but is largely due to an underutilization of existing programs designed to address the issue, such as food stamps or school meals. Many citizens of rich
countries such as the United States of America attach stigmas to food programs or otherwise discourage their use. In the USA, only 60% of those eligible for the food stamp program actually receive benefits [4].

**Hunters Helping the Hungry (AT)**

Hunters Helping the Hungry is a nationwide organization that is responsible for providing venison and other similar game for malnourished individuals in low socio-economic areas. Hunters for the Hungry chapters are located throughout the majority of the United States of America, including New York, New Jersey, Pennsylvania, and Connecticut [9]. In 2008, the New Jersey Chapter collected 30,000 pounds of venison to donate to charity organizations [8]. A joint collaborative effort is needed amongst hunters, sportsmen’s associations, meet processors, state meat inspectors, soup kitchens, homeless shelters, and food banks to deliver food to those in need [9]. In most states, the program operates by first attaining deer meat from a variety of sources. This may include seasonal donations by hunters, deer meat salvaged from motor vehicle accidents, and deer management programs conducted by local governments [7]. The meat is then cut, wrapped, and frozen, and then provided to food banks and other such organizations at no cost. The main issue with this organization is that programs must deny thousands of pounds of meat because the processing prices are much larger than their current funds. [7]. The organizations are sponsored by private organizations such as churches, individual donations, private businesses, and sometimes, hunters. Chapters are currently seeking more donations in order to ensure the success of their organization so as to reach out to more individuals in need of help. **Community Food Bank of New Jersey.**

The Community Food Bank of New Jersey, located in Hillside N.J. is a non-profit organization. Their main objective is to increase awareness of poverty and hunger that exists in the state of New Jersey. The food bank’s goal is to provide short term responses coinciding with long term solutions. Food is either donated or purchased by the food bank. It is then distributed to other non-profit organizations such as food pantries, shelters and soup kitchens. There are 1500 non-profit charities who receive the food in nineteen New Jersey counties.

There are many foods that are needed on a daily basis at the food bank. The “Most Wanted List” consists of canned and non-perishable foods since they can last longer than fresh produce due to their high shelf life. Among these, canned foods high in protein are in most need because they are hard to come by as fresh meats. Some examples include: canned tuna, spam, salmon, chicken, and ham. In addition, powdered milk and infant formulas are also requested. Other types of boxed meals that are common include boxed meals such as rice, potatoes, and pasta. There are also canned packaged meals consisting of chili, stews, peanut butter, macaroni and cheese, and meaty soups. Canned fruits and vegetables are also great in any size. [10]

Statistics from food bank: The majority of people who benefit from food banks are children. There are 45% of children receiving food plus an additional 18% of patrons state their children have missed a meal because the family’s income is too low to purchase food within the recent year. The elderly receive 10% of the food banks offerings as well. [10]
The Problem with Delivering Venison to Food Banks and Our Answer (CT & AT)

Problem: We consulted with parties from both, the Community Food Bank of New Jersey as well as Hunters Helping the Hungry, and faced two major dilemmas. The HHH are more than willing to contribute their efforts to local New Jersey food banks, however, they are currently low in funds necessary to package the meat and deliver it to the food banks. The costs to package a deer are about 40 dollars per deer, and currently, the organization has a lot more deer than they can afford to package. The Community food Bank of New Jersey raises serious concerns as well. They need to ensure that the food delivered to their clients is quality food, and they do not know where the deer meet derives from. Although they are willing to accept deer meet from recreational hunting activities, they cannot accept venison collected from motor vehicle accidents due to the toxic fumes, deadly chemicals, and metal shards that can remain hidden in soft deer tissue.

Solution: In order to tackle such dilemmas, our group came up with two solutions. It is necessary to help HHH gain donations, so we targeted Rutgers University students. On March 31 and April 1, 2010 we set up a booth at the Rutgers University Dining Hall, Brower Commons, to ask students for donations. We told them about Hunters Helping the Hungry and distributed fliers with pre-addressed envelops asking them to send any small or large contribution they can to the cause. Many individuals seemed enthusiastic and said they were willing to help. We circulated about 100 fliers that day, and hope to hear back from HHH to see if our efforts had results.

In addition, ensuring that any food delivered to food banks is fit to eat is a significant concern. Therefore we researched legislation that addresses donation of food to non-profit organizations helping those in need. The Bill Emerson Good Samaritan Food Donation Act came up. This law protects individuals or organizations from being liable for delivering fit and wholesome food to organizations feeding the hungry. However, fit and wholesome becomes a concern when dealing with venison derived from motor vehicle accidents. In order to address this issue, we drafted a resolution about donations. This resolution/bill addresses that only venison collected from recreational hunting and gathering activities can be donated to food banks, but not deer collected from motor vehicle accidents. If such “tainted” deer is delivered, the organization delivering that deer will have to face judicial repercussions. The resolution is attached in the following pages.
The Service Project (SK)

The community service consisted of the three students involved tabling for monetary donations. This was conducted on the 31st of March from 4-6 p.m. and the 1st of April from 12-2 p.m. The location of this project was carried out outside of the Rutgers, College Ave Campus, dining hall also known as Brower. The tabling was conducted alongside the Gamma Phi Beta sorority, who was tabling for their own cause, which took care of the tabling expenses. The students provided information about malnutrition, Hunters Helping the Hungry, and explained why it was so important to support them in raising money in order to donate more food to local food banks. The visitors were all given pamphlets in which there was more information and directions on how they could send in their monetary donations. The flyer itself doubled as an envelope for those contributions.

Resources

Help Stop Malnutrition

Apurva Tamhane

According to the *Food and Agricultural Organization of Economic and Social Development*, our planet has the ability feed 12 billion people, covering 150 times our current population of about 80 million people. However, malnutrition is a major concern hitting every corner of our globe. Even a leading country, such as in the United States, 3.5 million children under the age of 5 go hungry or are underfed according to the U.S. Census Bureau and the Agriculture Department. Luckily, many programs persist to tackle this terrible concern. Organizations such as food banks, soup kitchens, churches, and even local businesses invest time to help out those in need. As responsive as these organizations are to reducing the percentage of hungry people in our country, a large problem that we face is that the donated food often lacks a nutritionally balanced diet. Donated food items are often carbohydrate rich and poor in protein intake.

To address this concern, three students in Dr. Julie Fagan’s Ethics of Science Class, are setting out to change the dietary composition given to those in need in New Brunswick, NJ. The plan it to establish a connection between *Hunters Helping the Hungry* with local food banks in the New Brunswick Area, so that more protein source will become available to those in need. *Hunters Helping the Hungry* aims to collect wild game that is used for its meat source and donate it to charity organizations. Game such as deer and other venison may be collected from motor vehicle accidents, donations from hunters, or from deer hunted to control animal populations in the surrounding area. The collected meat then gets cleaned and processed by butchers who kindly donate their time and can then be sent to food shelters, soup kitchens, and food banks.

In order to establish such organizations in the local area, efforts are needed from Rutgers University students. Packaging salvaged venison is expensive, costing up to $40 to process a deer. The *Hunters helping the Hungry* chapter in New Jersey is low in funds and needs our help! Three students from Rutgers set up a table at local dining halls on March 29th to encourage students to donate proceeds directly to the organization. The effort was a success, as most people were genuinely interested in the cause and pledged to send their contributions! But the effort doesn’t end here. We are still encouraging individuals to help out *Hunters helping the Hungry*’s valiant efforts by donating their proceedings to Hunters Helping the Hungry, Inc., P.O. Box 587, Lebanon, N.J. 08833. Your efforts are not only going towards feeding someone for another day, but also towards making sure they live a healthy life style.

*Apurva Tamhane is a senior at Rutgers University.*
Email > Subject: Editorial for Malnutrition

From: apjuna@passport.com
To: editor@newspaper.com
Cc: 
Subject: Editorial for Malnutrition
Date: Wed Apr 14 13:18:21 EDT 2010
Attachments: 

Hello,

I am a student at Rutgers University, doing a project for my Ethics of Science class on malnutrition and we are required to send an editorial to a local newspaper on our service project. I hope that you can publish the following excerpt.

Thank you,
Apjuna Tambane

Email > Subject: Editorial

From: apjuna@passport.com
To: editor@newspaper.com
Cc: 
Subject: Editorial
Date: Wed Apr 14 13:18:21 EDT 2010
Attachments: Fighting Malnutrition: One Food Bank at a Time.doc

Hello,

I'm a student from Rutgers University, I'm doing a project for my Ethics of Science class and I had to write a short editorial as part of it, relating to malnutrition and I'm attaching it to this e-mail in hopes that you can publish it in your newspaper.

Sincerely,

Apjuna Tambane
Fighting Malnutrition One Food Bank at a Time
With the help of the local chapter of *Hunters Helping the Hungry*

Sevasti Kalamatianos

There were 923 million malnourished people in the world in 2007, an increase of 80 million since 1990, despite the fact that the world already produces enough food to feed about 6 billion people. Living in a country like the USA and being fortunate enough to have a surplus of food and able to make healthy choices it's easy to forget that malnutrition is a big issue among other countries and within the United States itself. Malnutrition is an insufficiency of one or more nutritional elements necessary for health and well-being.

The biggest hit in our country is taken by the low socioeconomic class. For people on food stamps that are accessing food banks, getting protein seems to be a big issue and this leads to malnutrition in many instances. There needs to be a bigger effort on our part to try and donate food with higher nutritional value. And because we can expect everyone to be able to help, there are various groups and organizations that are dedicated to this cause. To help with this issue, three students from Dr. Fagan’s Ethics of Science class are trying to make a difference in the town of New Brunswick, NJ by trying to change the dietary intake donated to local food banks so that it has more of a nutritional benefit with the help of the local *Hunters for the Hungry* chapter.

In a somewhat unconventional, but yet very effective way, Hunters Helping the Hungry is a nationwide organization that is responsible for providing venison and other similar game for malnourished individuals in low socio-economic areas. The main issue with this organization is that they must deny thousands of pounds of meat because the processing prices are much larger than their current funds.

Due to the fact, that there was only a limited amount of time to get somewhere significant with this project and facing numerous obstacles on the way, like the lack of funds, we decided to lend a small hand in helping by trying to collect donations for the organization. In this way, maybe in the near future, the organization will be financially able to work with more food banks and be able to process more meat than it is currently. This is one of the numerous groups trying to reduce malnutrition in our country. As with anything cause, there's power in numbers. They need our help to succeed. So let's try to donate instead of throwing out our extra food and help by volunteering our extra time to this very worthy cause. Knowing that these two simple things can make such a huge difference in our society makes it an easy choice of whether to help out or not. *Sevasti Kalamatianos is a biology major at Rutgers*
Nutritional Supplies Donated to Diminish Malnutrition
With the help of Hunters Helping the Hungry giving to the Community Food Bank of N.J.

Crystal Toeltl

Malnutrition is a major problem throughout N.J. but with the help of three Rutgers students along with their professor, Dr. Julie Fagan, that is about to change. We have contacted two facilities in hopes of receiving donations for this cause.

Hunters Helping the Hungry Inc. (HHH) are committed to reaching out to as many people as possible in low socioeconomic living conditions that are malnourished. HHH is a nationwide organization that was created by three hunters who wanted to donate protein to food banks. Since there was an overpopulation of deer, they decided to hunt the deer in order to donate the venison. From the start of the program in 1997, 876,000 servings of protein have been given to food banks to help feed thousands.

The procedure of donating the deer meat requires cutting, packaging, and freezing until it reaches the food bank. The problem with this process is that it costs a great deal of money to prepare the venison in order to be edible. As with any organization, Hunters for the Hungry has a budget and when these costs exceed the budget, they must deny the venison to food banks. Protein is lacking in many diets of malnourished individuals because it is more costly, which is why receiving the venison at no cost is a great relief. Our goal is to seek out more donations in order to make this a more successful program, which in turn will help to nourish more people. HHH receives its funds from individual donations, local donations as well as grants.

Due to the lack of funds necessary to relieve all those who are hungry, we have put in our best efforts to hand out pamphlets asking for donations to be sent directly to Hunters for the Hungry. The pamphlets were handed out at Brower Dining Hall in hopes of raising awareness and allowing people to donate, as they desire.

Thanks to all the individuals who have taken time out to help educate others about this great cause and to those who have made a contribution. Every time you help out, think about how many lives you are touching. I have learned just how thankful I am to wake up each day with food on my plate. Let’s make that a reality for all!

Crystal Toeltl is a dietetics major at Rutgers.
HELP RESOLVE
MALNUTRITION

Venison is low fat and low cholesterol and, of course, high in protein and a very valuable food product for distribution in the food bank system. According to federal government statistics 34 million Americans go hungry every day or are living on the verge of hunger, and 13 million of those are children. We can make a difference!

What needs change?

Food banks are currently an enormous source to feed undernourished individuals in low-economic conditions. As successful as they are in reaching out to help feed the hungry, most places are lacking in adequate proportions of protein.

What is Hunters for the Hungry?

Hunters for the Hungry Inc. is an organization aimed at collecting protein to help feed those who are malnourished. Individuals collect venison such as deer meat from various sources including, automotive accidents, hunting in overpopulated deer regions, and deer gathering from recreational sports. In 2009, the organization collected 15,193 lbs of venison. The collected meat then gets donated to places such as food banks, soup kitchens, and homeless shelters.

How can you help?

Currently, the organization is low in funds! More meat is collected per year than can be processed, so much of the protein source goes to waste. Money is needed to clean, package, and deliver venison.

We ask you kindly to contribute your efforts in raising funds for a gratifying cause. Please fill out the form attached!
Please go to: http://www.huntershelpingthehungry.org for more information.

Please make checks payable to “HHH” and mail your donation in today.

HHH is a 501-(C)(3) organization and your contribution is tax deductible.
Please accept this donation on behalf of

(name of sender)
to

Hunters Helping the Hungry, Inc.

help Hunters Helping the Hungry, Inc. achieve their goals.
To whom it may concern:

We are undergraduate students representing Rutgers University who are working on a class project for Ethics in Science. We have drafted a bill in effort to help reduce malnutrition in food banks. Our aspiration is to set up a program in New Brunswick that can assist this cause. A program known as Hunters Helping the Hungry is being targeted to support our bill because they are a great source of protein (venison) that the food banks desperately need. The food banks will not accept venison from automotive accidents because of possible contact with chemicals and/or fumes. Therefore, we would like to make it possible for the venison to be donated to the food banks that are only from recreational hunting and hunting due to overpopulated deer. We hope you will consider this bill.

Thank you for your time,
Crystal Toeltl, Sevasti Kalamatianos, and Apurva Tamhane
Resolution for donating venison to local food banks.

Goal

*Individuals of the school of Rutgers University want to ensure that only venison free of toxic fumes, metals, and other dangerous elements are delivered to the food banks of New Jersey.*

Existing Law

The Bill Emerson Good Samaritan Food Donation Act is a legislation that protects businesses and organizations from civil or criminal liability when donating apparently fit and wholesome food or grocery to those in need.¹ This is a federal law to encourage donating food from various organizations or individuals.

Resolution

We are creating a resolution against donating venison that has derived from automotive accidents to food banks in the state of New Jersey.

Bill Title (or Caption)

This begins with the words "An Act To" or "A Resolution To" and continues with a brief summary of the bill's contents.

*A Resolution to prohibit donation of any meat products to food banks that may have been exposed to toxic fumes, chemicals, metal shards, or any other substances that may harmful to the body and to prevent acceptance of such meat by organizations delivering meat products to those in need.*

Enacting or Resolving Clause

This is standard language that precedes the body of the bill. We're writing an act, so the operative word is "Enacted". If it's a resolution, substitute the word "Resolved". It is typed in all capital letters.

BE IT RESOLVED BY THE [3] GENERAL ASSEMBLY OF RUTGERS UNIVERSITY SCHOOL OF ENVIRONMENTAL AND BIOLOGICAL SCIENCES:

Body of the Bill

The body of the bill is broken into sections, each of which is numbered. A section may have more than one paragraph.

Section 1. Any persons directly or indirectly involved in knowingly donating contaminated meat products to organizations helping the hungry shall be guilty of the crime of endangering individuals' health.

Section 2. The sheriff of any county may arrest those individuals who are deemed guilty of delivering such tainted meat products. The organization delivering tainted meat products will be held accountable for such actions and will be prosecuted.

Section 3. Upon conviction in a competent Court of law, the judge shall sentence the responsible parties to one of the following punishments as the Court shall deem appropriate:

(a) For the first offense, the organization will be fined $1000 per contaminated meat product donated.

(b) For the second offense will require a $5000 fine per contaminated meat product, in addition to having that organization be monitored under governmental scrutiny.
(c) In the alternative, such organizations will be shut down