

Food Insecurity within Immigrant Communities in Georgia

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Glover Family Farms

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Executive Summary

The immigrant population in Georgia has increased dramatically in the last two decades. Although immigrants play an increasingly critical role in the state economy, they experience poverty at higher rate than the general population. When experiencing food insecurity and hunger, many individuals access the emergency food system. Yet it is unclear the degree to which the emergency food system effectively reaches immigrant communities. The goal of this report is to provide information on food insecurity within immigrant communities in Georgia.

Information for this report was gathered from various sources, including interviews with 18 organizations and leaders that work with immigrant and refugee communities, surveys from over 300 emergency food distributors and five America's Second Harvest food banks in Georgia, as well as input from immigrant focus groups. Analysis of the information indicates that immigrants in Georgia experience numerous barriers in accessing the emergency food system, particularly with regards to culturally appropriate food. It is also evident that there is a distinct difference in occurrences and descriptions of hunger between immigrants and refugees.

The final section of this report offers recommendations to anti-hunger and immigrant advocates and communities on specific ways to increase food security within immigrant communities in Georgia. Some recommendations include increasing collaboration between food banks, emergency food distributors, and organizations that serve immigrant populations, examining how working with local agriculture can help fight hunger within immigrant communities, and working with the Department of Family and Children Services in conducting outreach to increase Food Stamp participation within these communities. In general, there is far too little information on food security within immigrant communities in Georgia and the Southeast. As such, this anecdotal report is considered to be a starting point for future discussions and work in addressing food insecurity within immigrant populations in Georgia.

Introduction

Over the past two decades Georgia has become an increasingly popular destination for immigrants. From 1990-2000 the foreign-born population in Georgia grew by 233%, representing the second highest rate of increase in the country.¹ Since then this population has continued to increase to a total of 795,419 by the end of 2005.² While immigrants in Georgia experience poverty at a greater rate than the general population, there is little information on food security within immigrant communities in the state and the Southeast in general. This report aims to take significant steps in addressing this topic by examining food security within immigrant communities in Georgia.

As immigration transformed Georgia during the 1990s, an increasingly diverse immigrant community began to define the foreign-born population of the state. In the past 15 years, the Latino³ population has increased 300% in the state to an estimated total of 575,000 people.⁴ While individuals of Mexican descent represent the majority (67.8%) of this group, the Latino population in Georgia is also composed of thousands of Puerto Ricans, Dominicans, Cubans, and Hispanics of South and Central American descent.⁵ All together these ethnic subgroups account for the 3rd fastest growing Latino population of any state in the country.⁶

Yet while Latinos represent the largest portion of the foreign-born population, immigrants from other countries have also relocated to Georgia at an incredible rate. From 1990-2000 the Asian American and Pacific Islander population increased by 200%, the 2nd fastest growth of any state in the U.S.⁷ Within this population, the fastest growing ethnic groups include those from Bangladesh, Vietnam, India, China, the Philippines, Korea, and Thailand. The majority of this population resides in the 20 county metro-Atlanta area where there are an estimated 200,000 Asian Americans and 6,000 Pacific Islanders.⁸

In 1981, Georgia began recording statistics on refugee arrivals when it established its state-level program on refugee resettlement. From 1981-2002 more than 49,000 refugees arrived in Georgia.⁹ Over this time period refugees from Asia - specifically from the countries of Vietnam, Laos, and Cambodia - represented the majority of this population. One quarter came from Europe, specifically Bosnia. And 1/6 of all refugees arrived from countries in Africa, namely Somalia, Ethiopia, Liberia, and Sudan. Over the past couple of years the largest groups of refugees that have resettled in the state include Meskhetian Turks, Somalians, Bosnians, Sudanese, and Arabic and Kurdish-speaking Iraqis. Representing over 12% of all international immigrants in the state¹², refugees are essential to the discussion of immigration in Georgia.

The rapid increase of immigrants can be largely attributed to the economic growth of the state during the 1980s and 1990s. An economic boom created new jobs and a demand for “low-skilled” labor in specific vital industries, such as construction, poultry and seafood processing, agriculture, carpet manufacturing, and hospitality. Since then immigrants have played an increasingly vital role in the state economy. Despite their economic contributions, however, immigrants in Georgia often experience poverty as much of their employment opportunities come in the form of low-wage labor. Nationally immigrants account for 20% of all low-wage workers despite representing 11% of the U.S. population.¹¹ Georgia reflects this as immigrants experience poverty to a greater degree than the general state population. In the Metro-Atlanta area, for example, both Pacific Islanders and Asian Americans have above average poverty rates.¹² In addition, Latinos in Georgia are more likely to live below the poverty level (18.8%) than the general population (13.4%).¹³ Understanding poverty within these communities is critical to the

discussion of food insecurity with immigrant populations because as statistics indicate, immigrant families are twice as vulnerable (39%) to household food insecurity as U.S. born families (16%).¹⁴

When experiencing food insecurity, many families turn to the Food Stamp Program, a program of the USDA and the first line of defense against hunger. In many ways the Food Stamp Program in Georgia has been successful in alleviating hunger in the state. Over the past few years, food stamp households in Georgia have increased steadily.¹⁵ Nationally Georgia ranks 11th in the country in food stamp participation access rates.¹⁶ Nonetheless, Georgia has the 39th highest food insecurity rate in the country.¹⁷ In addition, despite an increase in outreach efforts on the part of the USDA, many eligible immigrants do not access the program. This is reflected, for example, in national statistics that indicate that ¼ of all eligible non-participants are Hispanic.¹⁸ Part of this is due to various barriers that immigrants experience, which include limited English proficiency, issues of trust, and misunderstanding of eligibility requirements. Also, food stamps alone are often not adequate in ensuring food security for participants, as monthly allotments last an average of 2.5 weeks for client households.¹⁹ Furthermore, food stamps do not assist the estimated 200,000-250,000 undocumented immigrants in Georgia who are not eligible for the program.²⁰

This makes the emergency food system critical for many families that experience hunger. The emergency food system in Georgia is composed of the 8 food banks located throughout the state that form the Georgia Food Bank Association. These food banks distribute millions of pounds of food each year to thousands of emergency food distribution agencies, such as social service agencies and places of worship. In 2005 alone, Georgia's America's Second Harvest Food Banks received over 36 million pounds of donated product to be distributed to partner agencies.²¹

Yet it is unclear the degree to which emergency food reaches immigrant families, whom as we have indicated, experience poverty and food insecurity at a greater rate than the general population. In this report we analyze information gathered on food security within immigrant communities and offer recommendations to improve food security within these particularly vulnerable groups. It should be stated that we consider our findings to be anecdotal and a first step toward future conversations and possibilities around this issue. In the future we encourage anti-hunger and immigrant advocates, researchers, and service providers, investigate and research in greater depth immigrant food insecurity and continue to be proactive in the diverse and changing face of hunger in Georgia.

Study Design/Methodology

The study was conducted between November 2006 and January 2007 from the Atlanta Community Food Bank (ACFB) in Atlanta, Georgia. The goal of the study was to provide information on food insecurity specifically within immigrant communities in Georgia. The report was designed to collect information from multiple sources in order to best inform recommendations and future work to increase food security in immigrant communities in Georgia. As such, the structure of the report includes:

- 1) Surveys from Atlanta Community Food Bank partner agencies,
- 2) Interviews with immigrant and refugee organizations or community leaders from different immigrant communities in Georgia and the Southeast²²,
- 3) Surveys and selected interviews with Georgia food banks, members of the Georgia Food Bank Association,
- 4) Multiple focus groups with immigrants and refugees in Atlanta, Georgia,
- 5) Interviews with selected ACFB staff.

Agency Survey

A three page survey, including both multiple choice, Yes and No answer, and free response questions, was created with an introduction letter describing anonymity and the purposes of the survey to participants. Two pilot focus groups consisting of 8 total participants and 5 pilot surveys were conducted to test for the clarity, validity, and consistency of the questions. All pilot survey participants were current ACFB partner agencies. Pilot participants filled out a questionnaire regarding areas of clarity as well as participated in focus groups to critique both the introduction letter and the survey itself. Pilot survey participants were given an incentive of a credit to their account to participate and are therefore not necessarily a representative sample of the ACFB agencies as a whole.

Final revised surveys were sent out to 768 unduplicated Atlanta Community Food Bank agencies (see Appendix B) and were communicated as being completely voluntary and anonymous. The Atlanta Community Food bank serves 38 counties in North Georgia. Therefore all surveys returned were from agencies that are located within these counties. The survey was also posted and available to complete online at the “E-harvest” food ordering website commonly used by all agencies and an “e-mail blast” was sent out to all agencies to notify them of this option. Agencies were given 5 weeks to respond and a total of 304 unduplicated surveys were returned and used as the total sample for this report.

Immigrant Community Organizations/Georgia Department of Family and Children Services

Immigrant and refugee community based organizations (CBOs) and community leaders were chosen based on reputation, accessibility, immigrant population and community served, services or advocacy provided, and referrals. The Georgia Department of Family and Children Services (DFCS) outreach division is also included in this section. Based on the diversity of organizations and their response, 18 immigrant and refugee CBOs and community leaders were interviewed (See complete list in Appendix D). Interviews were conducted between November 2006 through January 2007 and lasted between 30 minutes and an hour and a half depending on the interview. Interview questions were structured around knowledge of: general information, their respective community's participation and barriers in the emergency food system, accessibility of "culturally appropriate" food, and general recommendations for outreach and ending hunger (see Appendix E for a complete list of interview questions). For confidentiality reasons, some of the identifying characteristics of the CBOs and community leaders that participated are concealed although responses are incorporated in the final data analysis.

Food Banks

The Georgia Food Bank Association is made up of 8 different America's Second Harvest food banks (including the ACFB) whose service areas collectively cover all counties within Georgia (See Appendix F for a full diagram of food banks and their service area). Voluntary surveys were sent to all of the 7 respective food banks (see Appendix H). Questions addressed various challenges and changes experienced in demographics specific to immigrant populations in their respective service areas, as well as collecting best practices and creative approaches to these changes. Our final sample was compiled from 5 returned surveys and a follow up interview with the Golden Harvest Food Bank, which services East-Central Georgia.

Immigrant focus groups

Two segments of focus groups were conducted in order to ensure that the voices and experiences of immigrants themselves were included in the structure and recommendations of the report. All names and major identifying characteristics of the focus group members are kept confidential and participation was completely voluntary. As such, the focus group sample is not necessarily representative of the diverse immigrant community experiences or concerns in Georgia, or even of the participants' specific ethnic immigrant community as a whole.

The first group consisted of 6 immigrant women from a variety of South Asian countries. The interview questions and responses were translated in English and Hindi as necessary and the interview lasted about 40 minutes. The time span

since the women first immigrated to the United States varied from “fairly recently” to “many years”.

The second focus group segment consisted of multiple informal interviews with Cuban refugees. Collectively the interviews included 4 women and 3 men totaling 7 adult participants. The time span since participants had first immigrated to Atlanta varied between “a few months” to “over a year”. All interviews were conducted in Spanish and ranged from 20-30 minutes.

Data Results/Descriptive Statistics

Atlanta Community Food Bank Agency Survey Data

Graphs to all questions and complete survey’s can be found in Appendices I-R .

General Information Questions:

What populations do you serve?

Homeless	Senior Citizens	Youth	Women and Children	Families	Your Congregation	Immigrants	Other
168	197	154	211	216	55	71	44

Agencies were given more than one option of choosing more than one population category, if applicable. The highest category identifies include: Families (216), Women and Children (211), and Seniors (197). In addition, 71 agencies stated that they serve immigrant populations.

What type of immigrants do you serve?

Latino/Hispanic	Asian	African	Eastern European	Haitians	Refugees	Any	Unspecified
27	6	5	7	4	4	7	25

Those agencies that stated they serve immigrant communities were asked to specify what type of immigrants they serve. If applicable, agencies could choose more than one response for this question. Out of the agencies that identified as working with immigrant populations, 27 stated that they serve Latino/Hispanic communities. Six of the agencies that identified serving “Asian” populations specified the populations of Koreans and Vietnamese, while 5 agencies stated working with different “African” communities, including Sudanese. Within the Eastern European category, populations specified were: Serbian, Romanian, Bosnian, and Russian. A high number of respondents, 25, stated that they serve immigrant populations but did not identify any specific communities.

What type of organization would you identify your partner agency as?

Faith Based Organization	Government or State agency	Youth	Non-profit	Other	Error
198	15	52	34	47	2

Participants were instructed that they could choose more than one option for this question, if applicable. The great majority of the ACFB agencies (198) that responded identified themselves as “faith-based organizations”. The “Other” option consisted of responses including: Housing and Shelter (14), child care (14), and a variety of other categories (19).

What type of faith-based organization are ACFB agencies?

Christian-based	Unspecified	Inter/Non-denominational	Other
116	55	25	2

If participants chose the “Faith-Based organization” category, they were also asked to specify what type of “Faith-Based organization” they self-identified as. 59% or 116 of the total agencies that self-identified as a “Faith-Based organization” additionally identified themselves as a variety of “Christian-Based organizations” including: Methodist, Baptist, Catholic, Presbyterian, Episcopal, and Pentecostal, among others. A significant number, 55 agencies, did not specify the type of faith, and 25 were “Inter or Non-denominational”. The two compiling the “Other” category consist of organizations that identify as “International” and “Independent”.

What type of services does your agency provide?

Counseling	Mental/Physical Health Care	Child Care/ After-school	Employment Assistance	Prayer/Religious service	Utility/Rent assistance
138	49	71	86	153	69

Clothing	Housing/Residential/Shelter	Education	Other	No Response/Error
153	25	19	83	22

The participant agencies were asked what type of services they offered in addition to providing emergency food assistance. Participants were instructed to choose more than one option if applicable. The most prevalent services reported were Prayer/Religious Services (153), Clothing (153), and Counseling (138). Services listed in the “Other” category include: referrals (13), ESL classes (2), refugee services (4), and other varying services (64).

Main Survey Questions:

Do you have bi/multi-lingual staff or volunteers?

Yes	No	No Response/Error
128	168	8

Of total respondents, 128 or 42% of ACFB partner agencies have at least one or more bi/multi-lingual staff or volunteers. The mean number of bi/multi-lingual staff or volunteers at the agencies was 4.6 people, while there were 6 outliers reporting having 25, 25, 30, 40, 40, and 52 bi/multi-lingual staff or volunteers available. Eight of the total participants did not respond to this question or responded in error.

Spanish	African	French	Korean	Mandarin/	Russian	Creole	Vietnamese
110	19	15	7	7	7	6	5

Farsi	Bosnian	Hindi	Tagalog	Japanese	Sign Language	Other
5	4	4	3	3	2	18

Participants were able to choose more than one response for this question, as some might have multi-lingual capacity. The most prominent languages identified by agencies with bi/multi-lingual staff or volunteers are “Spanish” (110), “African Dialects” (19), and French (15). The “Other” category contained a variety of languages including: Thai, Laotian, Italian, Romanian, Bangla or Bengali, Hebrew, Burmese, German, Portuguese, Arabic, Kurdish, Turkish, and Urdu.

Does your agency have language translation software?

Yes	No	No Response/Error
12	277	15

Of total agencies that responded, 12 or 4% of ACFB agencies have some type of language translation software.

Spanish	Russian	Japanese	Korean	African
10	1	1	1	1

Ten of the total 12 agencies with translation software have Spanish translation capacity. Other languages listed include Russian, Japanese, Korean, and African Dialects.

In relation to immigration, over what time period has your community changed?

0-2 Years	3-5 Years	6-10 Years	10+ Years	No Change	No Response/ Error
101	79	22	10	64	28

Out of the total respondents to this question 76% believe that in relation to immigration there has been a noted change in their communities. Of the total respondent group of 276, 85% or 180 participants feel that their community have changed within the last 5 years, and 48% or 101 participants feel their community has changed in the last 2 years. While 12% or 32 respondents feel that their community has changed in the last 6-10+ years. There were 28 survey participants that did not respond to this question or responded in error.

If so, in what ways has your community changed?

More Latinos/ Hispanics/ Mexicans	More diverse	More refugees/ immigrants	"more Spanish speaking people"	More Asians	gentrification/ re-gentrification
57	21	20	13	9	9

Employment/ Underemployment issues	More Africans	Language issues	More "illegals"	More Caucasians/ Europeans	More African Americans/ Blacks	More Caribbeans
8	5	5	4	4	3	2

This question was in free response format. Qualitative responses that were relevant to immigration were categorized in the above areas. Some agency responses may have included more than one area above. There were some responses about ways in which agency communities have changed that did not directly pertain to immigration and therefore were not counted in this analysis.

The most significant responses included: 57 respondents describe the change in their community as “More Latinos, Hispanics, or Mexicans” and 13 respondents describe the change as “more Spanish speaking people”. 21 respondents feel that their communities are generally “more diverse” including “economically, ethnically, culturally, and racially”. There were also 20 respondents that stated there being “more refugees and immigrants” in general. And lastly, 9 respondents identify “more Asians” as a part of their community.

Survey questions 4-7 and 9:

	Q4	Q5	Q6	Q7	Q9
Yes	33	277	82	105	102
No	252	13	210	187	165
No Response/Error	19	14	12	12	37

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Questions 4-7 and 9 were all in Yes or No format with follow-up free response sections. Free response sections of the questions were grouped into qualitative response categories in the tables below (Refer to Appendices O-R to see graphs of all free response question comments).

Question 4 – If Yes, What type of refugee or immigration program does your agency have?

Have/looking for culturally/linguistically sensitive staff/ volunteers	Partial or comprehensive social &/or health Services	Diff. cultural ministry/ Lend out church to other cultural congregation	ESL Classes	Culturally sensitive foods/ services
8	8	4	4	4
Collaborate with other agencies/orgs	Job/civic classes	Cultural curriculum in schools	Outreach to refugee/immigrant communities	Documentation to receive services
3	3	2	2	1

Some agency responses may include more than one category. Out of the 304 participant sample, 33 agencies or 13% identified themselves as having a refugee or immigration program or structure in place at the organization. 19 of the participating agencies did not respond to question four or responded in error.

Question 5 – If No, what type of food would be “culturally appropriate” for the communities that you serve?

More fresh fruits and vegetables/ produce	More Hispanic/ Latino food	More Asian foods	More Ethnic food	More African food	More hygiene products
7	6	2	1	2	1

Out of the total 304 survey sample, 277 agencies or 91% stated that they feel the food they receive from the Atlanta Community Food Bank is culturally appropriate for the communities they serve. In turn, 13 participant stated that they do not feel the food from the food bank is “culturally appropriate”, and 14 agencies did not respond or responded in error. Of the 13 agencies that identified that food from the food bank as not “culturally appropriate”, 7 described a need for more fresh fruits, vegetables, and produce, and 6 identified a need more Hispanic or Latino foods.

Question 6 – If Yes, what organizations do you collaborate with to get “culturally appropriate food” for the communities you serve?

Other ACFB agencies	Government/Community Leader	Non-profit orgs or community groups	Local faith based groups	Other
11	29	71	51	7

Out of the total 304 survey sample, 75 agencies or 25% stated that they collaborate with some organization other than the Atlanta Community Food Bank to obtain “culturally appropriate” food for the communities they serve. Some agency responses may include more than one category. Organizations listed in the “Other” category include: Restaurants (2), Various ethnic agencies and groups (2), Fulton County Action Authority, Farmers Market, CACCAP Nutrition Program, among others. 12 of the total sample agencies did not respond to question 6 or responded in error (For an example of “culturally appropriate food” items in different immigrant communities, please refer to Appendix V).

Question 7 – What other groups do you collaborate with to meet the needs of the immigrant community(ies) that you serve?

Local Churches, Non-profits and Schools	Supermarkets/ Grocery Store Donations	Personal or volunteer donation	Chattanooga Area Food Bank/ Second Harvest	Purchase food	Feed the Hungry Foundation	USDA	Other
36	13	7	6	4	4	3	13

Participants had the option of choosing more than one option for their response, if applicable. Of the 304 participant sample, 93 or 31% stated that they collaborate with at least one other partner to meet the needs of the immigrants in their communities. 12 of the sample agencies did not respond to question seven or responded in error. There were four multiple choice options provided including: other ACFB agencies, government or community leaders, non-profit organizations or community groups, local faith based groups, or other. “Other” categories described by agencies included: CACAP Nutrition Program(1), schools (2), other child care centers (1), GLK of America (1), child court system (1), and Impact International (1).

Question 8 - In relation to the immigrant community that you work with, what forms of support can you identify as possibly being useful to you in your work at your partner agency?

Question 8 was omitted from the overall data analysis because of a strong reporting error in agency responses, which demonstrates a believed lack of clarity within the question.

Question 9 – Do you see a need in immigrant groups in your community that you cannot meet because of your agencies resources? If so, please describe:

Language/Translation	Cultural differences	Education/Literacy barriers	Trust/Fear issues	Need for ESL classes/teachers
55	16	9	8	8

Employment	Child Care	More fresh fruits,	Transportation
4	3	3	1

Out of the total 304 survey sample, 102 agencies or 36% stated that they feel there is a need in the immigrant groups in their communities that they cannot meet because of their resources. 37 of the total sample participants did not respond to question 9 or responded in error. Some agency responses may include more than one category.

Immigrant Organizations/DCFS

All perspectives and issues identified below are directly informed from the interviews conducted with immigrant and refugee organizations and community leaders operating in Georgia. The organizations interviewed are a representative sample but should not be regarded as being reflective of *all* populations within the immigrant and refugee community. The information presented should also be considered as the *beginning* of conversations and research in the area of immigration and food security. The terms used below to categorize these populations are meant to represent a collection of many different communities whose challenges and solutions with food insecurity are specific and complex.

The following is a summary of the responses and highlighted themes that emerged from these interviews.

Representative Communities and Approaches

The following populations were self-identified as those that organizations work with or focus on²³:

- *Latino/Hispanic community.* This category includes many countries from Central and South America, Mexico, and Cuba, as well as indigenous populations from these same respective countries²⁴
- *Asian community.* The term “Asian” includes Koreans, Chinese, Vietnamese (the largest communities identified), Japanese, Filipino, Malaysian, and Laos/ Cambodian, as well as South and South-East Asian populations from India, Pakistan, Nepal, Bangladesh, and Burmese, among others.
- *Middle Eastern community.* Countries identified include Iraq, Iran, Afghanistan, Turkey, and Israel, among many others.

- *African community.* The term “African” includes many countries within the continent of Africa, such as Sudan, Somalia, East Africa, Congo, Liberia, Central Africa, and Ethiopia, among many others.
- *Eastern European community.* This category includes the former Soviet Union, Russia, Romania, Bosnia, and others.
- *Haitian community.* Includes the population from Haiti.

Many of the organizations interviewed generally serve or advocate for a combination of the communities identified above. However they often primarily focus their work on one or two of the community categories listed above. Out of the 18 organizations interviewed (excluding DFCS), 9 primarily work with those in the Latino/Hispanic communities, 4 primarily work with the Asian and South/South-East Asian community, 3 work primarily with the African communities, 1 primarily with the Eastern European communities, and 1 primarily with Haitian and Cubans. All the immigrant organizations interviewed reflect a wide range of strategies to working within these communities, and often use a combination of different approaches in order to be most effective in their work. As such, perspectives reflect organizations involved in everything from service work and education and training to leadership development, micro-enterprise, governmental programs and resettlement, and research and advocacy.

Target Geographic Areas or Neighborhoods within Georgia

For accessibility and location reasons, many of the organizations that we interviewed were based in Atlanta or surrounding areas. However some organizations also do outreach and work in West and South Georgia. Participating organizations and leaders were asked if there were particular areas, counties or neighborhoods where the communities that they work with live or in which they target in their work.²⁵

- Within Atlanta and surrounding area, the most common areas identified were DeKalb (the most commonly mentioned), Gwinnett, Cobb, Clarkston, Fulton, Buford Highway, and Decatur, Douglasville. Other areas mentioned include: Clayton, Stone Mountain, Marietta, Dalton, and Cherokee county
- Outside of Atlanta and surrounding areas, locations identified were Carroll county in West Georgia, and in Southern or rural Georgia, Tifton, Valdosta, Athens, Gainesville, Rome, Dalton, Savannah, and general Coastal and Appalachian region

General Issues of Hunger/Participation in Local, Federal, or State Aid

There was a distinct divide in responses to these two questions between organizations that serve primarily refugees and asylees, and those that primarily serve immigrants without refugee or humanitarian parolee status. Overall, organizations reported that:

Refugees and asylees have far greater access and participation than immigrants to federal and state aid programs such as food stamps and Medicaid.

- Organizations cited reasons for this participation gap as being caused primarily by eligibility restrictions and guidelines in federal and state aid programs, and in general “anti-immigration” federal legislation and sentiment
- Other reasons include: fear and trust barriers, cultural barriers in regards to shame and stigma issues for accepting aid, lack of awareness, and misinformation on exact eligibility guidelines
- A few organizations have federal and state benefit assistance or outreach efforts (e.g. food stamps, WIC, free or reduced lunch school nutrition program, etc.). However, these were not identified as a significant or targeted part of their programs. For instance, one organization works with their local DFCS office to bring a DCFS worker on site routinely to assist with food stamp applications

Immigrant communities that do not have refugee status report higher rates of hunger within their communities than those in refugee communities

- Hunger is most often even more acute among those who are undocumented
 - A common issue described was that emergency food assistance sites like the Salvation Army require Social Security numbers or other documentation to receive food
- Often times immigrant families or individuals will come seeking services other than emergency food aid, and through case management workers or staff they are referred to on or offsite food assistance locations
- Cultural shame and stigma, pressure of the “model minority”
- Often times “informal networks” of friends and family or members within ethnic communities (e.g. apartment complexes) will support and collectively help those families or individuals that are known to be hungry or in need. This is true among both refugee and immigrant communities
- They may have food but it is often times not nutritious

- Overall, refugee organizations state that there are fewer issues of hunger among the refugee community because they receive food stamps, Medicaid, and cash assistance as part of their resettlement process
- Refugee resettlement agencies stated that refugees might seek emergency food assistance through religious sites (e.g. mosques or synagogues) but that “it is not prevalent”

Access to “Culturally Appropriate” Food

In metro- Atlanta immigrant and refugee communities have access to “culturally appropriate” food from their respective countries

- Organizations consistently said that especially within the metro-Atlanta area, immigrants in the communities they worked with are able to buy familiar food. Examples cited were “ethnic grocery stores” and some mainstream grocery stores
- However, access to “ethnic foods and grocery stores” is limited outside the metro-Atlanta area, especially in rural and South Georgia
- Barriers to buying “culturally appropriate food” from these grocery stores include: higher and more expensive prices and transportation issues, especially of individuals live outside of metro-Atlanta

Although there are some products that are applicable, most of the food in emergency food sites (including food received from the ACFB) is not “culturally appropriate” for immigrant and refugee communities

- Organizations reported low participation and awareness of the emergency food system (e.g. food pantries and kitchens) among both immigrant and refugee communities. This includes knowledge of where and what emergency food assistance sites are as well as hours of operation, how to participate, and other information
- What is considered “culturally appropriate” varies greatly depending on the specific immigrant or refugee community²⁶
 - Many immigrants (e.g. Muslims) and refugees are vegetarian for personal or religious reasons, and do not eat meat, specifically pork. This was mentioned repeatedly among those interviewed within the African and South and South-East Asian communities
 - More fresh fruits and vegetables
 - More staple “ethnic foods”. For example, rice and beans of

varying types were mentioned repeatedly among many different communities.

- Some immigrant and refugee communities are not familiar with or accustomed to eating “canned foods”
- Religious restrictions to food (e.g. Kosher foods, including any item with a K or OU, and Halal foods)

Organization Recommendations for Increasing Food Security

Multiple avenues need to be pursued in order to be effective in increasing outreach and awareness about emergency food assistance among immigrant and refugee communities

- *Places of worship* were repeatedly cited as effective outreach sites for emergency food assistance awareness and access within certain communities, specifically increasing outreach to nearby mosques and synagogues
- *Create a safe space.* The risk of a whole faith community being publicly aware about a family or individual “needing aid or help” if they seek help at a church or other place of worship. For some it may be better to outreach to a “third party” as a source for emergency food
- *Advertise in “ethnic radio or newspapers”,* specifically within the Latino and “Asian” or Korean community in addition to word-of-mouth
- Have information at respective “ethnic” and refugee *community events* (e.g. festivals, cultural events)
- Outreach to *“ethnic” grocery stores* for more culturally appropriate food, potential donations and general awareness
- Suggest options for *identification* at food pantries other than Social Security numbers
- *Go to the community.* Use mobile pantries in neighborhoods as another model of bringing emergency food assistance to the community
- Be aware that it is often demeaning to “ask too many questions” of a person asking for food or help. Keep in mind that for many it is difficult enough to ask for help in the first place
- Outreach and awareness campaigns at schools, churches and faith-based organizations and (e.g. for the Latino community at “*plaza comunitarios*”, local churches, and working with “*promotores de*

salud” or community health workers)

- Always seek to *engage the community* and assess need.
- More *research* is needed to help inform and educate the public about food insecurity within immigrant and refugee communities in the Southeast, specifically around emergency food assistance programs
- Understanding the historical context in the Southeast, specifically Georgia, in relation to immigration and refugee resettlement
- Building upon “Black and Brown” coalitions and dialogue and work on alleviating inter-racial tension
- Collaborating to increase food security and nutrition especially in communities that have high rates or predispositions to certain nutritional related diseases (e.g. diabetes, obesity, and lactose intolerance in Latino communities)
- Increasing resources, awareness and outreach about *neighborhood garden projects* as a way of not just fighting hunger but building community within and between different immigrant and non-immigrant communities
- Identify respective *community leaders*
- Facilitate discussion around organization and access between *rural farms and the urban market*
- Be considerate and aware of *shame and stigma barriers*
- Education on financial management
- *Multi-lingual and multi-cultural* outreach (staff, materials, etc.). For instance, making multi-lingual/cultural hiring a priority in organizations and agencies
- Educating ACFB agencies on how to outreach to and about immigrant and refugee communities
- Intersections of the feminization of poverty and gendered violence among immigrant and refugee communities
- Concerns expressed about a person of a “non-Christian” faith feeling uncomfortable going to a Christian church for emergency food or other services
- Accessing *transportation* is a huge barrier

Food Banks

A total of five surveys were returned by Georgia America's Second Harvest food banks including: The Golden Harvest Food Bank, America's Second Harvest Food Bank of South Georgia, Food Bank of Southwest Georgia, America's Second Harvest of Coastal Georgia, and the Food Bank of Northeast Georgia. (Refer to Appendix F and H for a complete map of GA Network Food Banks and respective service areas and Food Bank survey questions, respectively)

- Of the four respondents, two of the food banks stated that their communities have changed in the past 6-10 years while the other two noted changes in the past 3-5 years.
- Respondents identified an increase in the rural Hispanic, primarily farm worker, population as the specific change in their communities and counties. However, answers varied in terms of how much Hispanics represent the people that the food banks serve. Hispanics represent a significant portion of those served for two food banks, 30% and 40% respectively, while the other two serve Hispanics to a lesser degree, 5% and 1% respectively. One of the food banks abstained from these questions.
- In terms of capacity to serve immigrant populations, three of the five food banks do not have bi/multi-lingual staff and/or volunteers at their agencies. Of the remaining two that do retain bi/multi-lingual staff and/or volunteers, one food bank has three staff members that speak Spanish, Korean, and Armenian, while the other has two bi-lingual staff members, one Spanish-speaking and the other Korean-speaking. One of the food banks has language translation software (in Spanish).
- Three of the food banks stated that partner agencies have expressed concerns about meeting the need of the changing demographics of their clients. Issues expressed include language barriers, issues of trust, and possible fear amongst undocumented immigrants. In response to these needs, two of the food banks collaborate with organizations to obtain culturally appropriate food. One works with Catholic Charities and the other with Telamon Transition Services.

Immigrant and Refugee Focus Groups

Group 1

The first focus group was composed of six immigrant women from various South Asian countries. We first asked them to discuss any issues of hunger that they or people in their community experienced during their immigrant process. A majority of the women stated that they always had food. They added that because most South Asian immigrants live with other South Asian families, anyone in need of help is usually supported by people in their community. In turn, those who immigrate alone suffer more and can often time experience hunger. One woman in particular described her difficult experience in

accessing familiar food for her and her child during her stay at a shelter. She stated that it is particularly difficult for children to adjust to unfamiliar food. A few women also commented that even if people in their community were experiencing hunger they would probably not ask for assistance out of pride. Food would be the last thing that people in their community would ask for.

When asked where someone would go to find culturally appropriate food, the women stated that there are plenty of South Asian grocery stores. Yet most of these stores are located in Atlanta, which can create problems for those who live outside of the city and do not have transportation. Yet if they do not have the financial resources to purchase food, the women stated that many go to temples or mosques, where people donate appropriate food, such as Halal meat or vegetarian options. They added that many non-Christian South Asians would not feel comfortable or trust going to churches for assistance. One woman stated that she attended a church near her home, but because she is not Christian the church would not assist her. And in terms of state or federal aid, some stated that they would apply for food stamps but are not eligible.

Group 2

The second focus group consisted of a series of short, informal interviews with Cuban “humanitarian parolees”. None of the interviewees stated any experiences of hunger during their immigration process. Assisted by resettlement agencies, the humanitarian parolees found food waiting for them when they arrived at their new apartments. As a result of their parolee status, they received both food stamps and cash assistance for at least the initial stages of their transition. With these financial resources, the Cuban refugees stated that they can find culturally appropriate food at most major grocery stores, such as Publix or Krogers, and the Dekalb Farmer’s Market.

However, a couple of the interviewees shared that the situation is much different for many undocumented immigrants. One in particular commented on a Cuban friend who did not immigrate as a parolee and who experienced hunger during his process. The interviewee added that his friend buys food when financial resources permit him to do so, but otherwise he goes to a church for emergency food. Another interviewee commented on a couple of organizations that he was familiar with distribute emergency food. He knows many undocumented immigrants that access food at these locations. However, he also described rising tensions between the Latino immigrants and African-American residents that received food from the same organization.

Data Analysis/Discussion

There is a significant difference in perceptions of access to and availability of “culturally appropriate food” between the surveyed groups

Feedback from most immigrant organizations and the immigrant and refugee focus groups demonstrate that overall, the food from the food bank and other emergency food assistance sites is not “culturally appropriate” for their respective communities. This is in reference to both the type of food, fresh versus canned food, and the language in which the information and preparation instructions on food items are written. The strong responses taken from these interviews are in vivid contrast, however, to the analysis that 91% of all the ACFB partner agencies stated that they felt the food they received from the ACFB *is* “culturally appropriate”. This inconsistency in perception is a strong point for further investigation and research.

Possibilities for this stark contrast include: the ACFB might indeed be providing culturally appropriate food for its agencies’ communities, but who makes up these communities? Is there a lack of awareness and connection between immigrant emergency food assistance need and the general infrastructure of agency sites (i.e. trust and access within a local immigrant community, language and communication barriers, general awareness and acceptability, etc.)? This again points to the question of immigrant and refugee participation in the emergency food assistance system as a whole and the overall disconnection between the two. Although most agencies responded with sincerity and passion for the work that they do, some agencies commented that “immigrants shouldn’t deserve special treatment” and “shouldn’t complain because they are getting [emergency food] for free and should be happy with what they get”. Another agency stated that it does not “believe in catering to one group”, reflecting the perception that all immigrants are homogenous. Such statements further emphasize a lack of knowledge and awareness about immigrant and refugee communities as well as the power of social framing and perception. Also discussed was a possible lack of clarity in the question itself, which may have skewed results.

The other strong indication that it is necessary to better address and formally support the need for cultural appropriate food is that although 91% of agencies stated that they think that the food bank provides culturally appropriate food, a third of all agencies consistently reported that there is a need, specifically with regards to language, among immigrants within their community that they cannot meet because of a lack of resources. A third of the agencies also stated that they are collaborating with at least one other organization to meet the needs of local immigrant communities.

In addition, two of the food banks respondents stated that they collaborate with other community groups to provide culturally appropriate food within their regions. These analyses and inconsistencies taken in conversation with each other are telling of the dynamic need but also some specific identification for possible growth and support of emergency food assistance sites, agencies, and food banks, in providing “culturally appropriate” food and greater access to this service.

It is critical to always keep in mind the complexity within the term “culturally appropriate”. Returning to the list of population’s categories represented in this analysis, when implementing strategies for providing more culturally appropriate food, the vast diversity within immigrant and refugee communities must always be kept in mind (Please see Appendix V for examples of all foods identified in this study that are common and “culturally appropriate” by respective cultural community).

There was a distinct difference in occurrences and descriptions of hunger between immigrant and refugee communities

In general, the organizations and immigrants interviewed described higher occurrences and experiences with hunger within non-refugee immigrants than those from the refugee resettlement community, especially among those who are undocumented. In large part this was attributed to refugees access to institutional support with programs like food stamps, Medicaid, and cash assistance that refugees receive during their resettlement process from their date of entry. Refugee organizations stated that refugees might seek emergency food assistance through religious sites such as mosques or synagogues, but that “it was not prevalent”. Other models for supporting and assisting those people and families who are known to be hungry in the community through more “informal networks” versus food pantries and kitchens is another possibility that should be examined more closely.

However, this in no way should be viewed as a statement generalized to all people or experiences within these communities. In fact, there was a general perception of hesitation in some refugee interviews, indicating that there could have been other factors interacting with the interview that effected the accuracy of their responses. For instance, refugees might have felt an uneasiness with a refugee resettlement staff present during the interview, fear or anxiety over the interview in regards to the purpose and people taking the interview, or possibly a different way about talking about or dealing with hunger among refugees that is not as vocalized for whatever reason to resettlement agencies. It should also be highlighted that from our extensive interviews with organizations and “humanitarian parolees” it is unclear as to how food insecurity affected refugee communities after resettlement assistance and aid expired, and how people transitioned between the two.

Other reasons that were cited regarding the differences in hunger among immigrant and refugee communities include:

- **ACFB Agencies:** 76% believe that in relation to immigration, there has been a noted change in their communities. Of the total respondent group of 276, 85% or 180 participants felt that their community had changed within the last 5 years, and 48% or 101 participants felt their community had changed in the last 2 years.
- Hunger is most often more acute among those who are un-documented.
- A common issue described was that even emergency food assistance sites like

the Salvation Army and other require Social Security numbers or other documentation to receive food

- Often times immigrant families or individuals will come seeking services other than emergency food aid, and through case management workers or staff they are referred to on or offsite food assistance locations
- Cultural shame and stigma, pressure of the “model minority”
- Refugees may have food but it is often times not nutritious food

Within all these responses, the strong influence and of legislation, social and public perception, and institutional and governmental support through programs such as Food Stamps, play a huge role in ensuring food security within all communities, including immigrants and refugee. Welfare and Farm Bill reform and then the 2002 Farm Bill reauthorization are testimonials this influence.

Some organizations stated that many people from both immigrant and refugee communities come from agricultural based lifestyles and have great knowledge of farming and gardening, especially for crops specific to their culture

Many examples and stories were shared in organization interviews about how immigrants from Hmong, Vietnamese, and Latino communities participated in community gardening projects throughout different parts of Georgia. With varying degrees long term success, descriptions of these community gardening projects demonstrated a skilled agricultural and farming knowledge within some members of immigrant and refugee communities. Community gardening members were skilled at utilizing the land to its fullest and ultimately growing a plentiful amount of crops that they were familiar and knowledgeable with.

There is demonstrated potential in neighborhood community gardening that should be supported and developed, specifically within immigrant communities. Not only would community gardens be an excellent way of addressing the need for more fresh fruits and vegetables, it has the ability to build community within and between different immigrant and non-immigrant communities (for instance, potential of indirectly addressing the concern of “Black and Brown” tension). It also allows for opportunities in rural Georgia for immigrant farm workers to own and maintain their own farms.

Although efforts have taken place in the past to coordinate neighborhood community gardening in immigrant communities, there is new potential for outreach and expansion is pre-existing organizations collaborate in supporting this model.

Language and translation barriers identified as a key issue

Within surveys and feedback among all the groups, there was an ironic juxtaposition of a large potential within agencies regarding multi-lingual capacity while at the same time language and translation was identified as a major barrier and “lack resource” in outreaching to immigrant communities. Of the sample agencies, 42% stated that they

had multi-lingual staff or volunteers. That is nearly half of the sample with the mean number of multi-lingual people at an agency being 4.6 people.

Out of all the topics identified, language capacity was portrayed as both the greatest resource and greatest need. Being aware that many agencies have limited funds and resources available, agencies should not try to “re-create the wheel” and thinking creatively and collaboratively. Better coordination among existing multi-lingual agencies, immigrant, and refugee organizations, and the creation and distribution of multi-lingual materials from the food bank, could make a significant impact on language capacity among agencies and organizations working in these communities.

Consistent perceptions among surveyed groups, of a relatively recent and significant change in communities regarding immigration and demographics

Consistently all the groups interviewed described how in relation to immigration, communities and areas in which they work are changing significantly and over similar time periods.

- ***ACFB Agencies:*** 76% believe that in relation to immigration, there has been a noted change in their communities. Of the total respondent group of 276, 85% or 180 participants feel that their community had changed within the last 5 years, and 48% or 101 participants felt their community had changed in the last 2 years.
- ***Food Banks:*** two of the food banks stated that their communities have changed in the past 6-10 years while the other two noted changes in the past 3-5 years, primarily in the Latino and farm worker community
- ***Census Data:*** from 1990-2000 the “foreign born” population in Georgia grew by 233%, the second highest rate of increase in the country²⁷

Overwhelmingly groups indicate that their communities are changing in relation to immigration. Even more interesting is how agencies, food banks, and organizations are responding and adapting to this change. Further questioning in interviews revealed that about a third of agencies are collaborating with at least one other organization or group to meet the needs of their communities. Nearly half or 42% of all sample agencies have multi-lingual capacity with an average of 4.6 staff or volunteers who speak at least one other language. Two of the five food banks retain multi-lingual staff and/or volunteers and two collaborate with organizations to obtain culturally appropriate food.

In many ways this data could be a strong indicator of the agencies’ and food banks’ willingness increase their capacity in order to serve and work with immigrant populations, especially if these efforts are supported with collaboration and other resources whenever possible. It is also a possible important indicator in recognizing immigrant and refugee communities not as separate from larger Atlanta and Georgia populations, but as valuable and diverse members of these larger communities.

Further research is suggested on this topic because of a believed reporting error

regarding the clarity of change specifically regarding immigration in a community. Lack of validity in response is questioned because some examples of change given were seemingly unrelated to immigration, for example comments such as gentrification and transportation.

Immigrant and refugee communities tend to have low participation in and awareness of the emergency food assistance system

It was not uncommon for many of our interviews with immigrant and refugee organizations to begin with statements like, “I am not really sure how much I can help, I don’t really work on food insecurity” and “that is not really what I do”. In fact, there was a general lack of awareness among all parties regarding hunger and emergency food assistance in immigrant and refugee communities. Not only did agencies and food banks report that a lack of knowledge about these cultural communities and differences encountered was a major concern, but coincidentally there was also a great lack of knowledge within immigrant groups about the emergency food system. This is in regards to what is the emergency food assistance structure, but also where are these agencies, how to receive services from them, what type of sites or churches are they, what are the hours transportation access, etc. Overall, it was this distinct lack of awareness on many levels that was reported as the major reason for low participation in the emergency food assistance system. Other reasons that were described include:

- Influence of pride, shame, and certain cultural norms in participating in the emergency food assistance system
- The type of food known to be available and emergency food sites that is not necessarily “culturally appropriate” or nutritious and therefore not desirable
- Multiple stories from immigrant and refugee organizations and the focus groups reported the concern that many may not feel comfortable going to a Christian church for emergency food assistance, especially if they are of Muslim or Jewish Faith. This concern is taken in connection with the fact that 59% of the agencies that self identified as a “Faith based organization” were “Christian based”, and none of the agencies self-identified as any other faith than Christianity. How does this structural dynamic restrict access for members of this community in general and what are the possibilities for further outreach and collaboration to alleviate this?

Although it is common for faith based organizations to offer services that are open to everyone regardless of ones faith, in reality some services are formally or informally connected to religious service, even with non or inter denominational churches. A South Asian woman in the focus groups described her experience attending a Christian Church for spiritual reason and also seeking assistance. However, she was told that she could not receive services because she was not Christian. Although there is not reason from the feedback of our interviews to believe that this type of situation is prevalent, it still deserves further investigation

Lastly, it is important to consider and be aware of other models of addressing hunger within these communities that may be different than the structure of the emergency food assistance system but still very effective in fighting hunger. A main theme in both the questions asked and responses from the interviewed groups was the structural support of more “informal networks” in addressing hunger within immigrant and refugee communities.

- Multiple accounts of how within ones own family and friends, apartment buildings, or even larger communities, there is often a collective consciousness of those who do have some resources and food to share them and support families that are known to be struggling or experiencing hunger
- Organizations described how creating relationships and working with respective community leaders (versus a church or food pantry) to indirectly distribute food is a more informal way of supporting those families in need. How can the emergency food assistance system help support different models of food distribution such as these in creative and new ways?

Recommendations

General and External Recommendations

The Atlanta Community Food Bank (ACFB), immigrant and refugee organizations, and partner agencies should collaborate on future projects, research, and resource sharing regarding immigrant food security

Based on all of the data collected it is quite evident that there is great potential for collaboration between anti-hunger and immigrant advocates, researchers, service providers, and immigrants. Specifically, there are possibilities of working together on making ESL/Spanish Classes more widely available for immigrants, service providers, and advocates. Other possibilities include conducting outreach to specific immigrant communities and creating and maintaining an informational list or network of emergency food distribution agencies and volunteers that have bi/multi-lingual capacity. Another idea would be to work with community health educators (also known as *promotores de salud* in Spanish speaking communities) on health education and nutrition, specifically as it relates to various chronic diseases and illnesses, such as diabetes, that often times disproportionately affect Latino communities. Organizations that serve immigrant and refugee populations can also play a critical role in addressing the trust factor and in identifying organizations that might be more effective in supplying emergency food assistance to specific immigrant and refugee groups.

Examine how working with local agriculture can help fight hunger in immigrant communities

The ACFB should examine the ways in which it could benefit from and act as a mediator between rural farmers and urban farmers' markets. The ACFB and immigrant and refugee organizations should also explore how they can support the development of immigrant farm workers in learning how to have their own farms. In this instance there is great potential for collaboration between the Community Garden Initiative of the ACFB, the Immigrant Farmer Initiative Project, the Glover Farm, and the Heifer Project, in addition to other networks. In addition, more research and organizing can be conducted around the idea of Farm to School programs in Georgia. Community gardens within immigrant and refugee communities should also be promoted as a way to build community and address the repeated request for culturally appropriate fresh produce.

The Georgia Food Bank Association should work together on fighting hunger within immigrant populations

Immigration is changing both the rural and urban landscape of Georgia. As such, our research shows that immigration is in some form affecting the work of every food bank in Georgia. Georgia food banks should work more collaboratively on sharing resources and best practices, specifically with regards to programs for, approaches to, and networking around the issue of food insecurity within immigrant communities. Food banks should also promote amongst themselves the adoption of concrete strategies for addressing food insecurity within these communities through such actions as hiring bi/multi-lingual

staff, purchasing (and possibly sharing) language translation software, and conducting research into the specific needs and barriers of immigrant communities within respective service areas of the emergency food system in Georgia. Georgia food banks should also be mindful of the differences in addressing immigrant food insecurity on a rural versus urban level.

Look at nutritious and appropriate food, especially for those who are chronically ill

Certain diseases and conditions tend to have higher rates in specific immigrant populations. For example, Latino communities are often times cited as having high rates of lactose intolerance and diabetes. The ACFB and community based organizations should examine the opportunities for working with community health educators and promoters in immigrant communities.

Work with the DFCS office in trying to increase Food Stamp participation amongst eligible immigrant populations

The Department of Family and Children Services (DFCS) in Georgia is making a concerted effort to outreach to immigrant communities to increase participation the Food Stamp Program. The ACFB and organizations that work with immigrants and refugees should consider the ways that they can partner with DFCS in these efforts. The Latin American Association (LAA), for example, regularly hosts a DFCS representative whom comes to the LAA office and signs up individuals for food stamps. This idea can definitely be expanded to other organizations. Also, as DFCS makes the transition into online application submissions for food stamps in 2007, ACFB partner agencies and immigrant and refugee organizations can facilitate the process of applying for food stamps at their respective sites. These efforts can also be combined with other benefit screening outreach through such programs as the EarnBenefits, an online benefit screening tool of Seedco.

Examine food provided through donations, the supplemental food bought with SNAP, and state provided USDA commodities.

The ACFB should examine what types of foods it purchases to supplement donations and consider how those funds can be used to purchase food that is nutritious and culturally appropriate for immigrant communities. The ACFB should also examine, either internally or in conjunction with partner agencies and community organizations, eliciting food donations from local “ethnic” grocery stores and/or wholesale distributors that carry various “ethnic foods.” This recommendation comes from a few organizations who they themselves work with local grocery stores in acquiring culturally appropriate foods for their clients.

Internal ACFB Recommendations

Assist to increase partner agency capacity specifically as it relates to immigration and food security

- Connecting agencies to or even simply providing contact information for immigrant organizations. This opens up the opportunity for the two groups to share resources and work together on fighting hunger within immigrant and refugee communities
- Introducing or at least providing contacting information of ACFB agencies that are close to one another and that serve immigrant populations. This would encourage them to consider how they can mutually support each other through services and language capacity. This would also create opportunities for collaborating on projects not directly related to the distribution of emergency food, such as a Community Food Network, but that still increase food security in these communities
- Creating a manual with easy steps and ideas on how agencies can institute into their services programs or strategies targeting immigrants. This might begin by collecting best practices from existing agencies who outreach to and work with immigrant communities
- Creating seminars and written material on how to provide and prepare culturally appropriate and nutritious food for the communities that agencies serve. Perhaps looking into cooking classes, especially in respective languages (if possible) on culturally appropriate food that would be open to agencies that serve refugees and immigrants and to organizations
- Making available lists of common foods among different immigrant communities both online and in paper copy
- Creating and making available to partner agencies cooking instructions translated into different languages on common products distributed by the food bank. Agencies can then distribute these as handouts for immigrants who access their service but may not be able to read English instructions and nutritional information on food items
- In general, adopt a policy of creating nutritional and health material in multiple languages
- Continuously seek to hire bi-lingual/multi-lingual and cultural staff at the ACFB

Building on existing ACFB programs and departments to incorporate feed back from this report to address food insecurity specifically within immigrant communities

- *Community Gardening* – Use existing immigrant organizations and networks to help identify, communicate, and outreach to immigrant communities to start up

community gardens in those neighborhoods

- *Hunger 101* – Expand curriculum to include more activities on how food insecurity disproportionately affects communities of color, specifically immigrants and refugees. Connecting this to how legislation, government and state programs affect access to food and other resources for this population. Perhaps including more immigrant and refugee family scenarios in activities
- *Volunteer Department* – Outreach and work with agencies and immigrant organizations to build a volunteer network that is bi/multi-lingual and cultural. Create and maintain a database of these volunteers that can be accessed by the ACFB and partner agencies
- *PRC* – Recruit or focus on getting immigrant communities to volunteer in the Product Rescue Center to increase knowledge (word of mouth) of and involvement with the ACFB
- *Marketing* – Advertise in communities with high immigrant populations, specifically through radio stations that broadcast in non-English languages, places of worship, and community leaders of immigrant populations. Incorporating an accurate story of immigrant experiences with food insecurity when publicizing or “telling the story” of anti-hunger work and the ACFB
- *Advocacy* –
 - Work with DFCS closely to support and coordinate with them on outreach efforts to expand food stamp participation amongst seniors, Latinos/Hispanics, and other immigrant communities
 - Engage in and support legislative issues that would effect food security within immigrant communities. Generally, supporting other immigrant advocacy organizations in their efforts
- *Agency Relations* – Outreach to faith based organizations and places of worship other than Christian based organizations to become partner agencies. Examples would include mosques, synagogues, and temples. Work with organizations that serve immigrant and refugee populations to identify potential partner agencies
- *Atlanta’s Table* – Deliver to eligible and potential agencies that serve immigrant communities. Perhaps elicit donations from restaurants and grocery stores that serve ethnic food that would be culturally appropriate for specific immigrant populations
- *Kids in Need* – Outreach to schools and teachers that have high rates of immigrant children who are disproportionately at risk of chronic hunger and food insecurity.

Food Insecurity within Immigrant Communities in Georgia

- *TACK* – Work with existing clients and networks of immigrant organizations to increase these communities participation in the program
- *Development* – Look for potential funding for projects and efforts in increasing food security specifically within immigrant communities
- *Hunger Walk/Run* - Outreach for involvement of immigrant communities and organizations, specifically as participants, sponsors, donors, etc. Publicize through outlets that reach immigrant communities

Feedback from Presentation of Internal Recommendations to ACFB Staff

On February 9, 2007 internal recommendations were presented to the ACFB staff. A brief discussion followed the presentation. Below is a list of highlights from the discussion:

- A member of the ACFB staff suggested the idea of creating an immigrant advisory committee. The committee could be composed of various community leaders within immigrant communities. The committee would function much like the advisory committee for Atlanta's Table, meeting regularly and informing the board of directors on how the ACFB can best fight hunger within immigrant and refugee communities
- Staff from the marketing department discussed how they recently made their first attempt to publicize the ACFB through Spanish speaking outlets. They expressed the difficulty in appropriately translating the story of the food bank and gaining the trust of the communities they were targeting. Yet it was also stated that such actions, although challenging, are very important to the work of the food bank.
- Concerns were also raised regarding the potential logistical challenges of making available "culturally appropriate" food. Specifically, staff discussed the potential difficulties with regards to eHarvest. A few wondered how the ACFB would ensure that any "culturally appropriate" food would be ordered by organizations that serve immigrant and refugee communities. Yet the Agency Relations Department concluded that through certain tools that already exist, such as order restrictions, arrangements could be made so that "culturally appropriate food" would reach the appropriate and targeted immigrant communities. However, it was indicated that further discussion was needed to examine logistical specifics of how ordering could work.

Food Insecurity within Immigrant Communities Presentation and Forum

The Food Insecurity within Immigrant Communities in Georgia Presentation and Forum was held at the Atlanta Community Food Bank on February 5, 2007. A total of 30 individuals from 28 different organizations attended. A presentation on Food Insecurity within Immigrant Communities in Georgia was given.

Following the presentation attendees were asked for response to the findings and for any recommendations on how to increase food security within immigrant communities in the state. Below is a list of highlights from the discussion:

- Importance of including refugees in the discussion of immigration as it is often erased in the larger immigration discussions
- The importance of also highlighting how immigrant communities contribute to Atlanta and Georgia society in many ways versus just talking about how they “drain the system and taxpayers” through programs like Food Stamps
- A concern was raised regarding the statement in data that refugees did not report experiencing hunger in their resettlement process. A woman described an experience as a refugee with difficulty of transitioning from the match grant program to the food stamp program when match grant funds expired
- Coordinating a coalition among immigrant and refugee groups that address issues in the community specifically through a food security and hunger lens
- Interest from agencies in working with community gardening organizations in building and supporting community gardens at their agency sites
- Many people affirmed that they felt the information presented was both valuable to and reflective of the communities they represented
- Questions over specific issues, comments, and concerns raised in the study specifically regarding youth
- Concern was raised about the realistic ability of agencies with limited resources and staff to implement some suggestions like multi-lingual staff
- The structure and effectiveness of word of mouth as a source of disseminating information was expressed repeatedly
- Bill Bolling, Executive Director of the Atlanta Community Food Bank, asked the group if they would come together again in a few months to continue to the conversation. Many of the participants replied affirmatively, stating that such a meeting would be valuable. Potential topics that were suggested for a possible meeting in the future include:
 - More general information on programs, partner agencies, outreach

efforts, and resources for immigrant and refugee communities

- Discussions on how to make connections between the anti-hunger advocacy work of the ACFB and refugee populations
- An in depth look into what “culturally appropriate food” means to different people

Closing Remarks

We would like to share some closing remarks to help frame the recommendations and first steps outlined in this report to increase food security in immigrant and refugee communities. When we first started to request interviews with immigrant and refugee organizations we often heard statements such as, “I am not sure if this is related to the work we do” or “I don’t work with food insecurity, I am not sure if I can help”. However, just as often, by the end of interviews with organizations many times the statement expressed had changed to identifying and making new connections between the work they did and food insecurity, as well as a desire to learn more. This observation in itself is depictive of the great potential for further research, collaborative work, and innovative approaches to this topic.

Although much of the report focuses on how to increase services, access, outreach, and awareness about the emergency food assistance system among immigrant populations, ultimately the goal is not to only increase services but to *end* hunger in these communities. Obviously the path to ending hunger is greatly connected to other issues such as, wages, health care, education, etc. However, we can approach strategies for addressing hunger with this goal in mind by creating programs that build support to end hunger on all levels, from individuals and families to communities and benefit programs.

As the census data depicts, the demographics of Georgia are changing in rapid and dynamic ways. Informal observations indicate a strong yet common misconception of who and what constitutes an immigrant or refugee and the diversity within these terms. At times comments in agency surveys seemed defensive and frustrated and laden with the residue of increasing social and political tension, as is often the case in these difficult conversations surrounding immigration. The rising immigrant and refugee communities in Georgia are not a small and ignorable group, nor are they separate for larger communities in Georgia and the south. Immigrants and refugees are instead an integral and beneficial part of Georgia communities while also maintaining unique and diverse identities and culture. The question about addressing efforts to increase food insecurity within these communities should not be one of politics or doubt. Members within these communities deserve the same right to nourishment and food security as anyone, while still being able to honor their cultural and religious beliefs. Food is often a starting point for building community and developing conversations. It is the hope of this report that addressing the concerns of food insecurity within immigrant communities will also be a bridging point to related conversations around immigration.

End Notes

1. U.S. Census Bureau, Census 2000 Summary File 1 and Summary File 3; 1990 Census of Population, General Population Characteristics (CP-2-12).
2. U.S. Census Bureau, 2005 American Community Survey
3. The terms “Latino” and “Hispanic” are used interchangeably by the U.S. Census Bureau and throughout this document to identify person of Mexican, Cuban, Dominican, Puerto Rican, and Central and South American descent; they may be of any race.
4. U.S. Census Bureau, 2004 American Community Survey
5. Ibid.
6. Ibid.
7. Asian American Justice Center, *A Community of Contrasts: Asian Americans and Pacific Islanders in the United States*.
8. Ibid.
9. Art Hansen, “Black and White and Other: International Immigration and Change in Metropolitan Atlanta.” *Beyond the Gateway: Immigrants in a Changing America*, Goddziaik, Elzbieta M., and Susan F. Martin, Eds. New York: Lexington Books,
10. Ibid.
11. Capps, Randolph, Michael E. Fix, Jeffrey S. Passel, Jason Oste and Dan Perez-Lopez, “A Profile of the Low wage Immigrant Workers.” The Urban Institute, 2003.
12. Asian American Justice Center, *A Community of Contrasts: Asian Americans and Pacific Islanders in the United States*.
13. U.S. Census Bureau, 2003 American Community Survey
14. Children’s Sentinel Nutrition Assessment Program (C-SNAP), “Summary of C-SNAP Findings on Immigrant Families.” C-SNAP Brief, 2004.
15. Georgia Department of Human Resources Division of Family and Children Services, *Georgia Food Stamp Outreach Plan FFY 2007: October 1, 2006-September 2007*.
16. Food Research and Action Center, *Food Stamp Participation Access Rates State-by-State*. Available online at http://www.frac.org/html/federal_food_programs/FSP/Participation_Rates_03.html.
17. America’s Second Harvest, *The Almanac of Hunger and Poverty in America 2006*.
18. USDA Food & Nutrition Service, “A Profile of Hispanic Participation in the Food Stamp Program.” USDA, 2007.
19. America’s Second Harvest, *Hunger in America 2006: A Report on Emergency Food Distribution in the United States in 2005*.
20. Passel, Jeffrey, *Estimates of the size and Characteristics of the Undocumented Population*. Pew Hispanic Center, 2005.
21. America’s Second Harvest, *The Almanac of Hunger and Poverty in America 2006: America’s Second Harvest – The Nation’s Food Bank Network’s Comprehensive Guide to National and State Facts on Hunger and Poverty*. Available online at http://www.secondharvest.org/learn_about_hunger/Hunger/Almanac_2006.html
22. Includes interview with Georgia state Department of Family and Children Services (DFCS) office in Atlanta, Georgia, the Food Stamp outreach division (including Hall county local DFCS office)
23. Many ethnic communities are admittedly not represented in this report and we strongly encourage future research and community based action in this area, especially with the many immigrant populations that are a key part of the beauty of the Atlanta community.
24. It was reported in interviews that Native people often encounter different barriers because of education and language challenges. For instance, many do not speak Spanish but different indigenous dialects.
25. To see a full map of how the areas identified by organizations correspond with Georgia counties, please refer to Appendix G. Also, Appendix S demonstrates how these identified areas correspond with ACFB partner agency locations and density.
26. Please refer to Appendix V to see a more detailed list of specific food items considered “culturally appropriate” for different cultural communities.
27. U.S. Census Bureau, Census 2000 Summary File 1 and Summary File 3; 1990 Census of Population, General Population Characteristics (CP-2-1).

APPENDIX B

ACFB Partner Agency Survey

Your name: _____

Phone number/Email address: _____

Name of partner agency: _____

How long has your agency been working in your community?

0-3 years 3-5 years 5-10 years 10-20 years 20+ years

General information:

What primary county/counties do you serve? _____

Within the county/counties that you serve, what specific areas/neighborhoods do you focus on? (e.g West End, Riverdale, downtown Atlanta)

What communities/populations do you serve? (You may choose more than one)

- Homeless
- Senior citizens
- Youth
- Immigrants (Please specify _____)
- Other (Please specify _____)
- Women & Children
- Families
- Your congregation

What type of organization would you identify your partner agency as? (You may choose more than one)

- Faith-based organization (please specify denomination _____)
- Government or state agency
- Youth or after-school program
- Other (please specify _____)

In addition to food assistance, what services do you provide?

- Counseling
- Mental or physical health care
- Child Care/After-school
- Employment Assistance
- Other (Please specify _____)
- Prayer/Religious service
- Utility/Rent Assistance
- Clothing

Food Insecurity within Immigrant Communities in Georgia

1. Do you have bi/multi-lingual staff and/or volunteers at your agency?

YES

NO

If YES, how many? _____

What additional language(s) do they speak?(You may pick more than one)

___ Spanish

___ Mandarin/Cantonese

___ Russian

___ Hindi

___ Tagalog

___ Japanese

___ Korean

___ Farsi

___ African Dialect (Please specify _____)

___ Other (Please specify _____)

2. Does your agency have language translation software?

YES

NO

If YES, what kind and what languages does it cover?

___ Spanish

___ Mandarin/Cantonese

___ Russian

___ Hindi

___ Tagalog

___ Japanese

___ Korean

___ Farsi

___ African Dialect (Please specify _____)

___ Other (Please specify _____)

3. In terms of immigration, do you feel the people in the communities that you serve have changed over the past:

0-2 years

3-5 years

6-10 years

10+ years

No change

If so, in what ways do you feel like your community has changed?

4. Does your agency have an immigration program or structure to address the needs of your community?

YES

NO

If YES, in short please describe your program or structure _____

5. Do you feel like the food you receive from the food bank is culturally appropriate for the populations/communities that you serve?

YES

NO

If NO, what types of food do you feel would be more appropriate for the communities you serve?

6. Do you collaborate or work with any other community group or agency other than the ACFB to get "culturally appropriate food" or to increase food security in your community?

YES

NO

If YES, please specify who? _____

7. In relation to services other than direct food service, are there other groups that you collaborate with to address the immigrant community you serve?

YES

NO

If YES, what groups do you collaborate with? (you may choose more than one)

- Another ACFB partner agencies
- Non-profit organization or community groups
- Government or community leader
- Local faith based group
- Other (please specify _____)

8. In relation to the immigrant community that you work with, what forms of support can you identify as possibly being useful to you in your future work at your partner agency?

9. Do you see a need from different immigrant groups in your community that you feel you cannot meet because of your agencies resources? (i.e. language/translation resource, cultural differences, education, trust, etc.)

YES

NO

If YES, in short please describe _____

10. Please let us know if you have any additional comments:

Thank you very much for your time! Your input is invaluable!

If you have any questions regarding this survey or would like to see the final report please contact:

Kaitlin Gravitt at (404) 892-3333 x 1276

kaitlin.gravitt@acfb.org

APPENDIX C

Partner Agency Survey Letter

Dear partner agency,

The Atlanta Community Food Bank needs your help! Please complete the attached short survey regarding immigration in your community and return **postmarked by December 20th**. Please know that the information you provide will be *confidential* and that participation is voluntary.

The included survey packet has been created in order to:

- Be proactive in the diverse and changing face of hunger.
- Learn if immigration has affected the communities that you serve. And if so, how and in what ways has it changed the work of your agency?
- Be able to collect the information you provide and use it to foster relationships with other community organizations that work with immigrant populations.

In the future, your time and input in this survey will be very important in:

- Helping the ACFB improve ways of aiding our agencies in food distribution and increase food security in our communities.
- Building relationships with immigrant resource community groups that would be able to assist the ACFB grow to better support our own partner agencies like yourself. In the future, these relationships would help create new possibilities of supporting your agency through community building, technical support, services, and advocacy.

There are many ways that you can participate and have your input heard! Please take a few minutes to complete the short survey attached and return **postmarked by December 20th by**:

Drop off or Mail

Atlanta Community Food Bank
732 Joseph E. Lowery Blvd NW
Atlanta, GA 30318

Return Stamped Envelope Included

Fax us

Attention: Kaitlin Gravitt
(678) 553-5991

Complete the Survey Online at E-Harvest

Survey will be posted on E-harvest. Follow instructions online and complete survey.

Email us

Kaitlin Gravitt
kaitlin.gravitt@acfb.org

Thank you! We know how valuable your time is and we appreciate your feedback.

Sincerely,

Orazio Slayton

Kaitlin Gravitt

Eric Ares

APPENDIX D

List of Interviewed Immigrant and Refugee Organizations

Asian American Community Services Center
A “grassroots organization in Athens” (name concealed for confidentiality)
Catholic Charities
Center for Pan Asian Community Services
Georgia Association for Latino Elected Officials
Georgia Department of Family and Children Services Food Stamps Office
Glover Family Farms
The Heifer Project
International Rescue Committee
Jewish Family and Career Services
Latin American Association
Latinos United
National Council of La Raza
Promotores de Salud
RAKSHA
Refugee Family Services
Refugee Resettlement and Immigration Services of Atlanta
Refugee Women’s Network

APPENDIX E

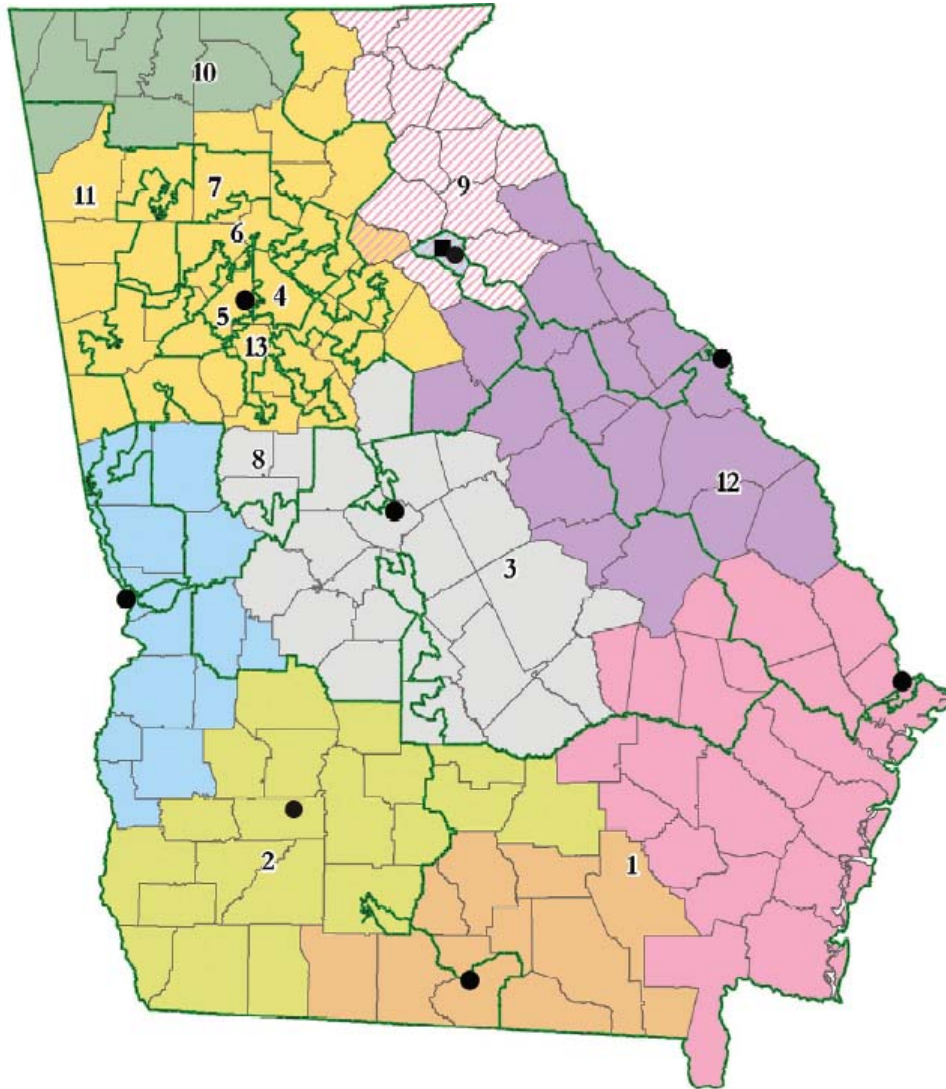
Immigrant and Refugee Organization Interview Questions

1. What does your organization do? What communities or people do you serve?
2. What other organizations or groups do you work or collaborate with? Are you part of any coalitions?
3. Are there any neighborhoods or areas that your organization focuses on or works in? Do your clients live in a specific neighborhood or geographic area?
4. Is your organization aware of any issues of hunger that your clients may be experiencing in their immigration/resettlement process? If so, what does your organization do to address these issues?

Are you aware of any possible informal networks that would support your clients in food security/food access?

5. Do your clients participate in or receive any local, state, or federal aid? If so, how do you help facilitate this process?
6. Do you feel that your clients are able to access culturally sensitive food (at grocery stores, food pantries, etc.?) Purchased food versus Emergency Food Services?
7. Do you have any general recommendations on how the food bank can end hunger within the communities and peoples that you serve?

APPENDIX F



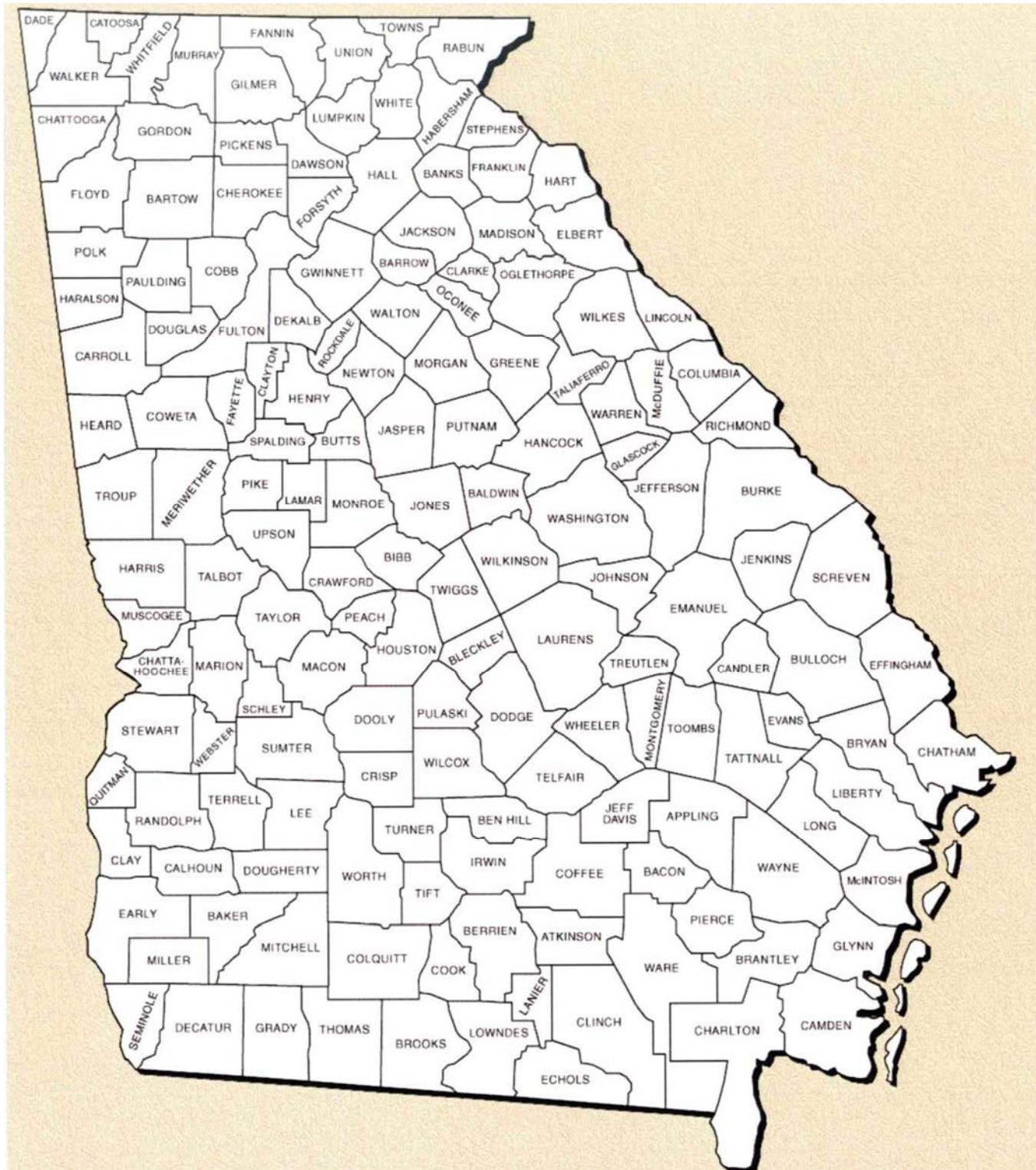
Legend	
●	Food Bank
■	Food-Rescue Organization
—	Congressional District #1-13

Service Area	
■	Action, Inc. Full Plate Program Athens, GA
■	America's Second Harvest of Coastal Georgia, Inc. - Savannah, GA
■	America's Second Harvest of South Georgia, Inc. - Valdosta, GA
■	Atlanta Community Food Bank Atlanta, GA
■	Chattanooga Area Food Bank Chattanooga, TN
■	Food Bank of Northeast Georgia Athens, GA
■	Food Bank of Southwest Georgia Albany, GA
■	Golden Harvest Food Bank Augusta, GA
■	Middle Georgia Community Food Bank Macon, GA
■	Second Harvest Food Bank of the Chat- tahoochee Valley - Columbus, GA

** America's Second Harvest, *The Almanac of Hunger and Poverty in America 2006*

APPENDIX G

Map of Georgia



APPENDIX H

Georgia Food Bank Questionnaire

Name of Food Bank:

Your Name/Position:

Phone Number/Email Address:

1. Do you have bi/multi-lingual staff and/or volunteers at your agency? YES NO
If YES, how many? _____

What additional language(s) do they speak?(You may pick more than one)

- ___Spanish ___Madarian/Cantanese ___Russian
___Hindi ___Tagalog ___Japanese
___Korean ___Farsi
___African Dialect (Please specify)_____
___Other (Please specify)_____

2. Does your agency have language translation software? YES NO

If YES, what kind and what languages does it cover?

- ___Spanish ___Madarian/Cantanese ___Russian
___Hindi ___Tagalog ___Japanese
___Korean ___Farsi
___African Dialect (Please specify)_____
___Other (Please specify)_____

3. In terms of immigration, do you feel like the communities/counties/service areas that you
serve have changed demographically over the past (Please circle one):

0-2 years 3-5 years 6-10 years 10+ years It hasn't changed significantly

4. If so, in what ways do you feel like your service area has changed?

5. What do you feel is the demographic make up of the people that your partner agencies serve
(estimates are fine if data is not available)?

6. Does your food bank have a procedure or structure to obtain culturally appropriate food for the
immigrant communities in your area?

7. If so, with what companies or groups do you collaborate with to obtain culturally appropriate food?

8. Do you collaborate with any local or statewide immigrant community service or advocacy

9. Have your agencies expressed concern about the meeting the need of the changing demographics of the clients they serve because of barriers regarding language, food type, culture, or issues of trust? If so, what issues have they expressed?

10. Are you aware of any possible informal networks (i.e. other than the food bank agencies and grocery stores) that have developed in your service area to support your immigrant clients in addressing issues of food security, food access, and/or culturally appropriate food?

11. Does your food bank or any of your agencies work on state or federal benefit outreach (such as WIC, Food Stamps, etc.)? If so, what does your outreach or programs look like?

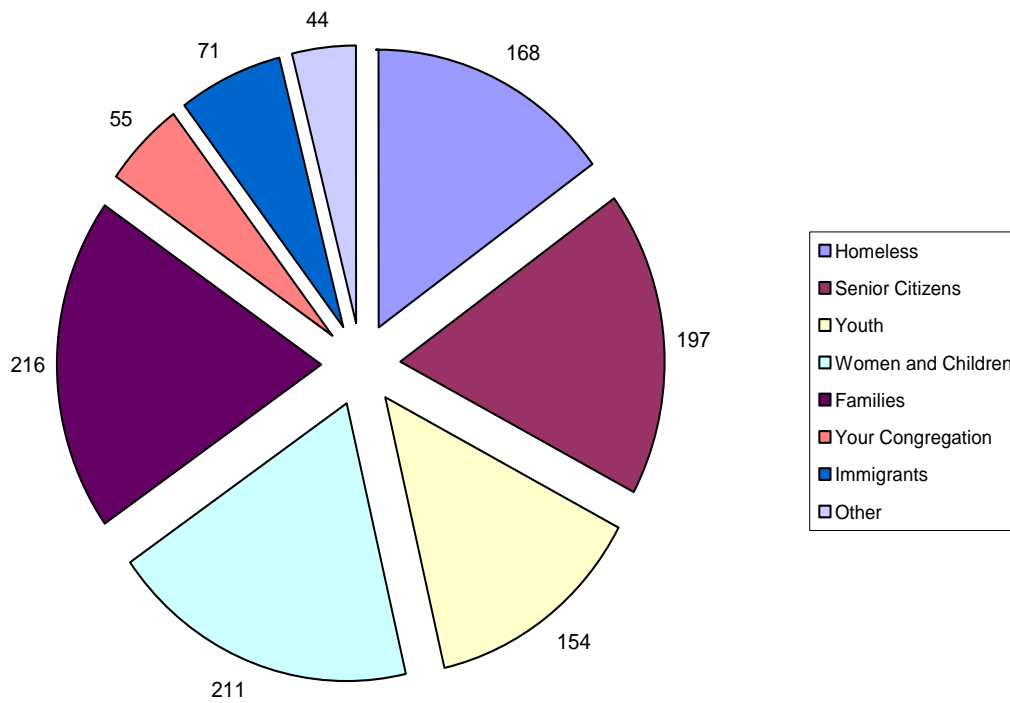
12. What has worked for you or other organizations in your service area in outreaching to immigrant communities?

13. Do you have any general recommendations or topics that you think would be helpful in strengthening support and increasing food security for immigrant populations?

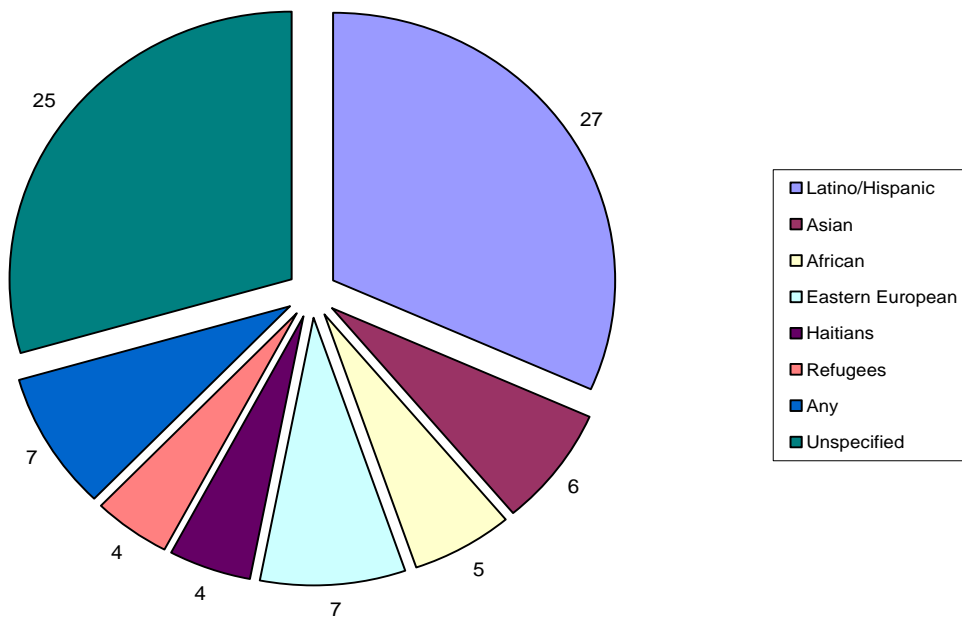
Please email your completed questionnaire to Eric Ares at eric.ares@acfb.org. Thank you for your participation, and we look forward to sharing our report with you. Please email or call (404.892.3333 x1273) if you have any questions.

APPENDIX I

Who does your agency serve?
(may choose more than one)

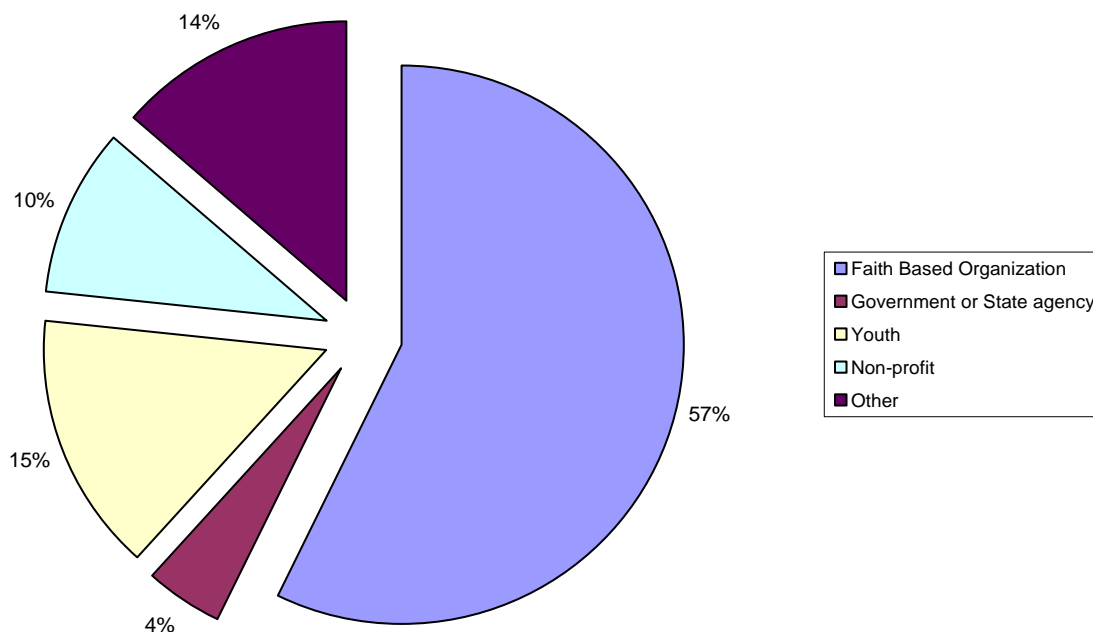


What type of immigrants served?
(may choose more than one)

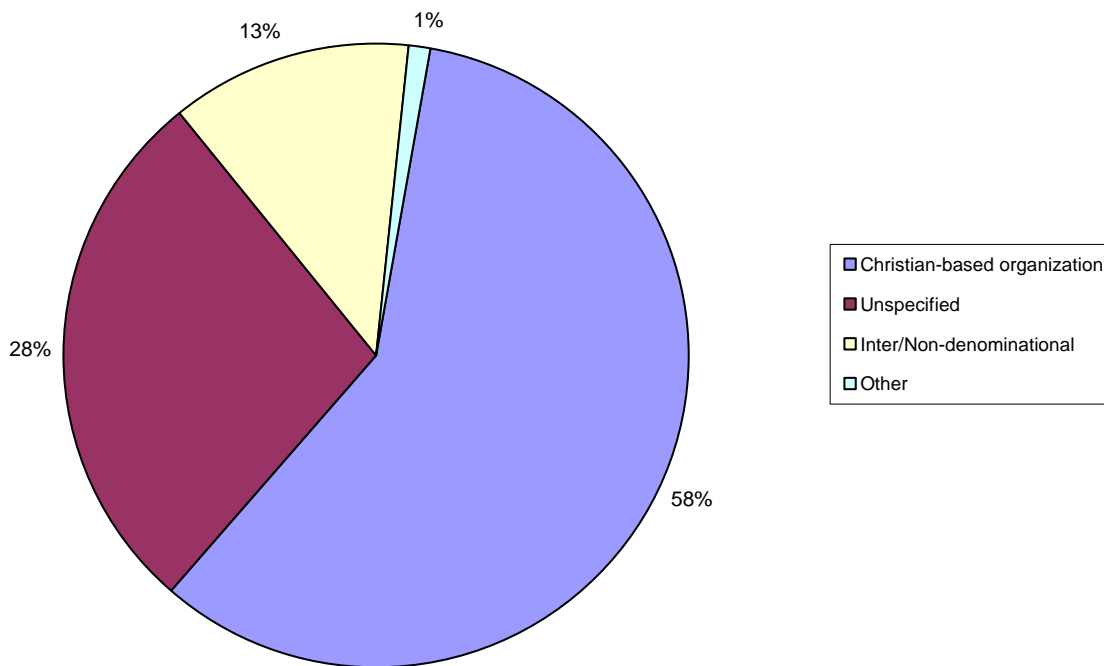


APPENDIX J

What type of organization do you identify as?
(may choose more than one)

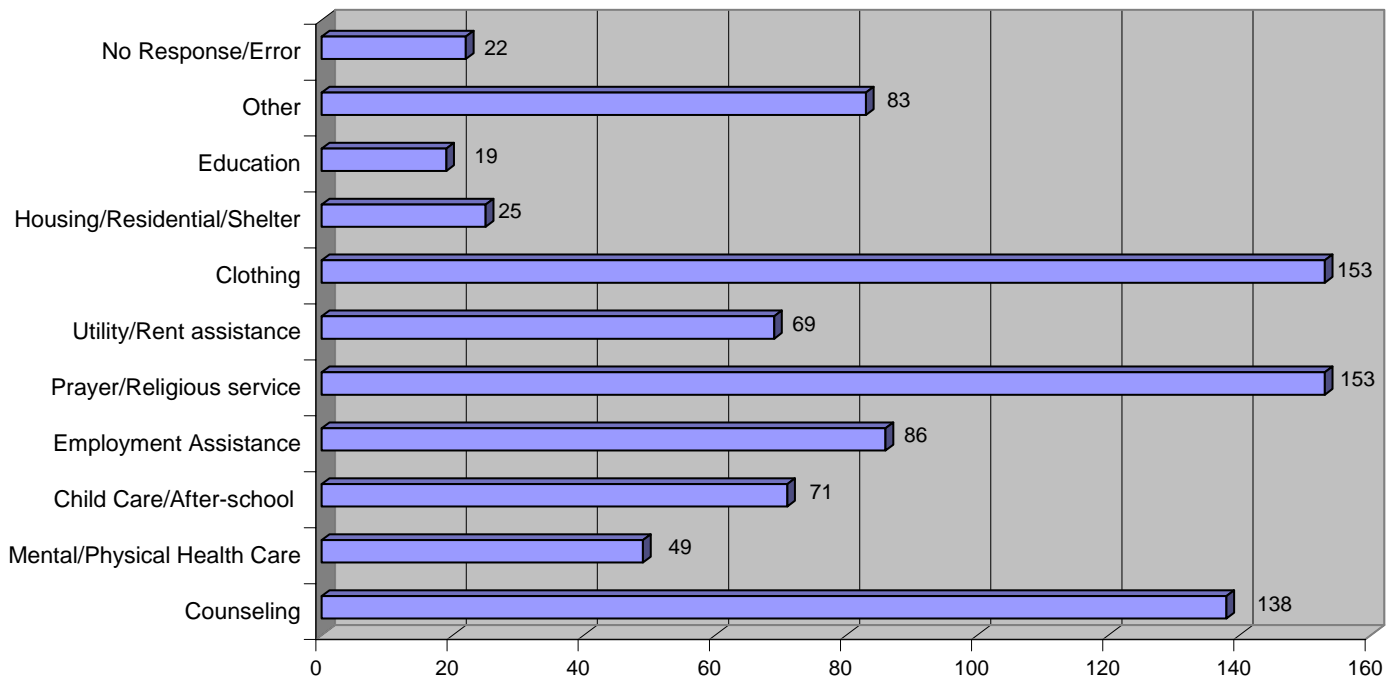


What type of "Faith-Based Organization"?



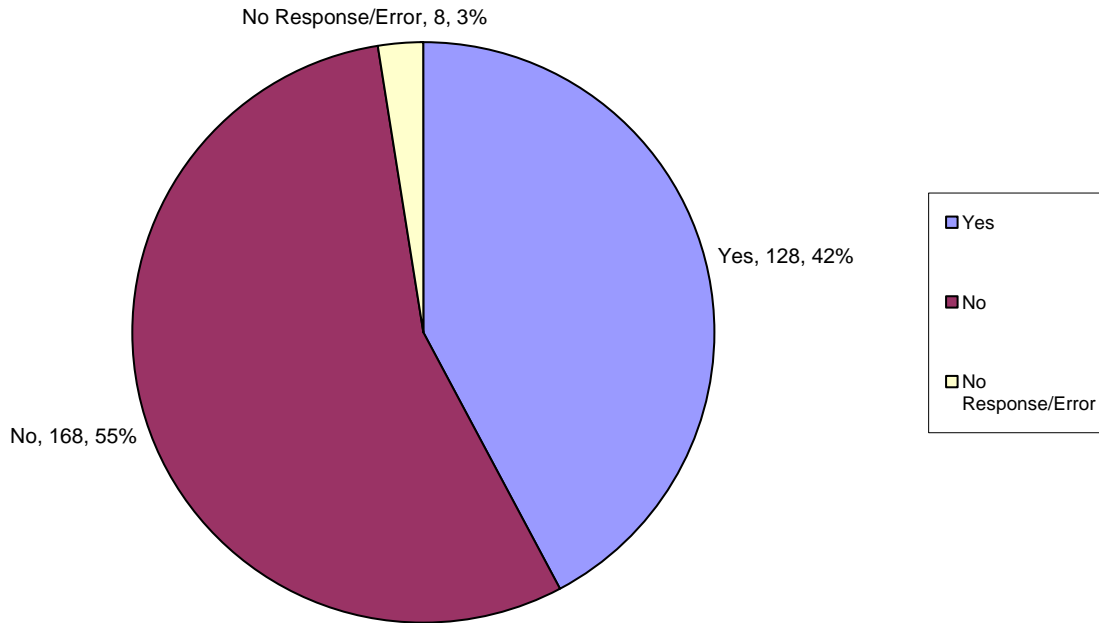
APPENDIX K

What services do you provide?
(may choose more than one)

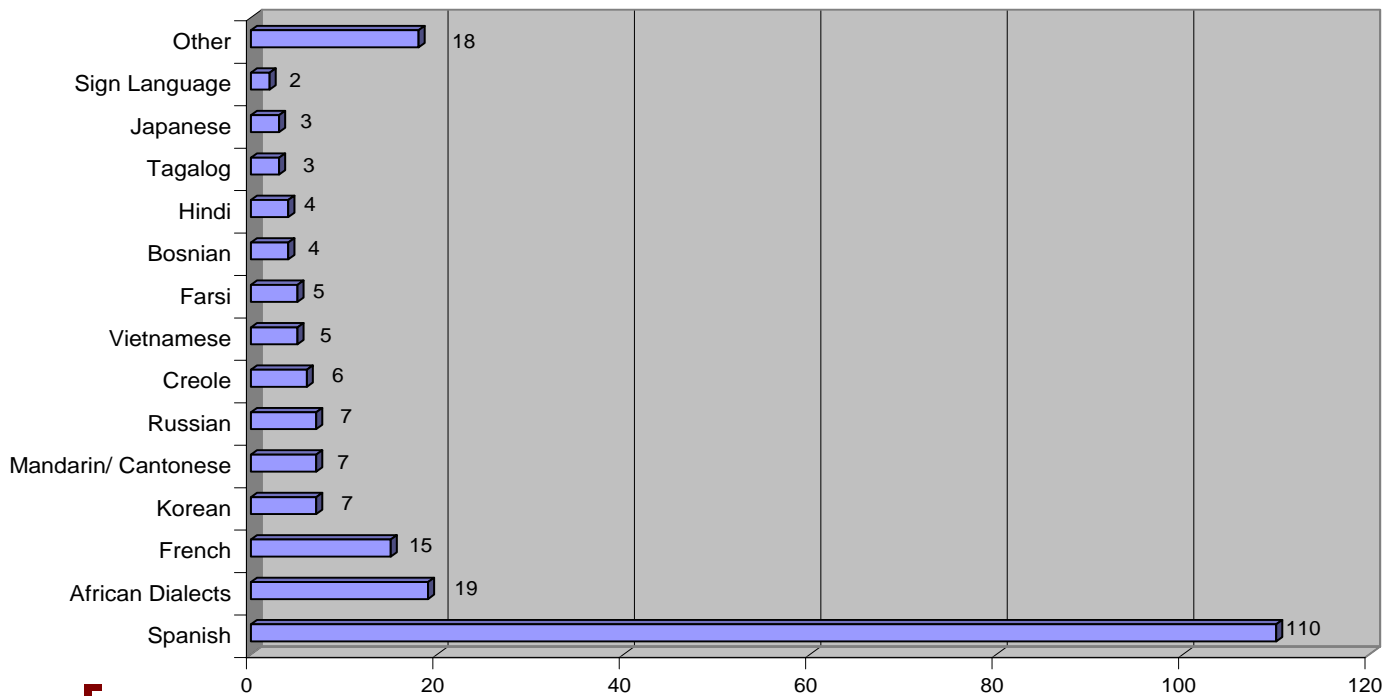


APPENDIX L

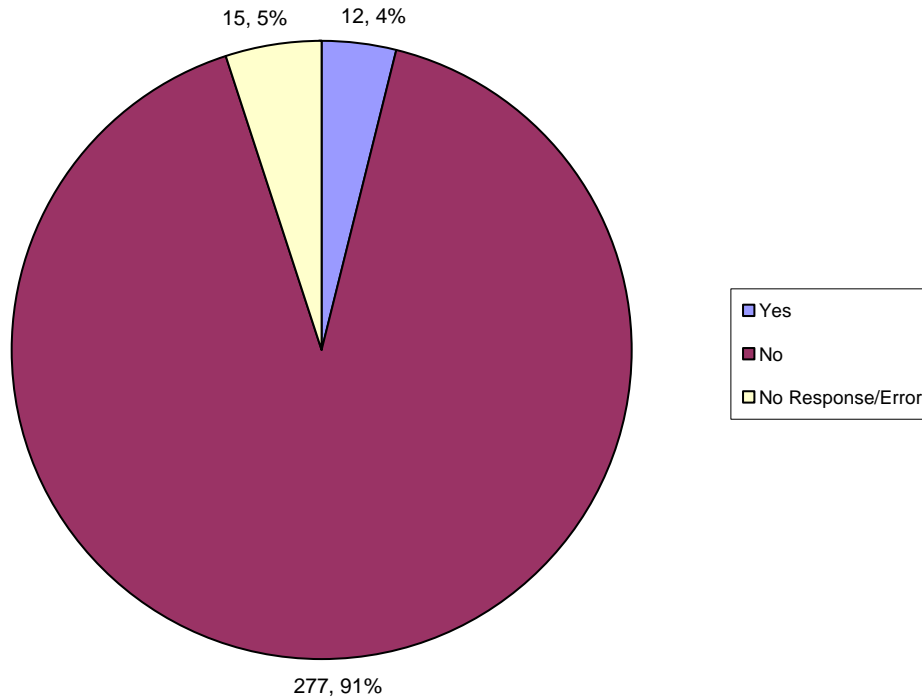
Do you have bi/multi-lingual staff and/or volunteers at your agency?



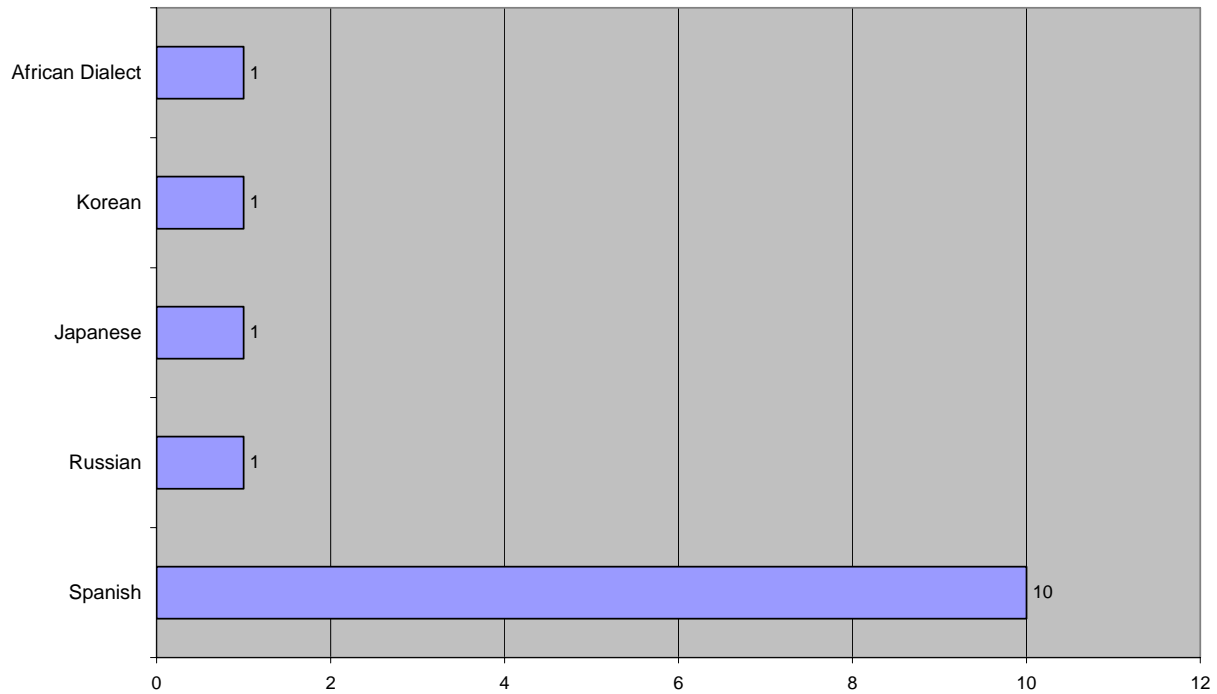
What language(s) does your staff/volunteers speak?
(may choose more than one)



APPENDIX M
Does your agency have language translation software?

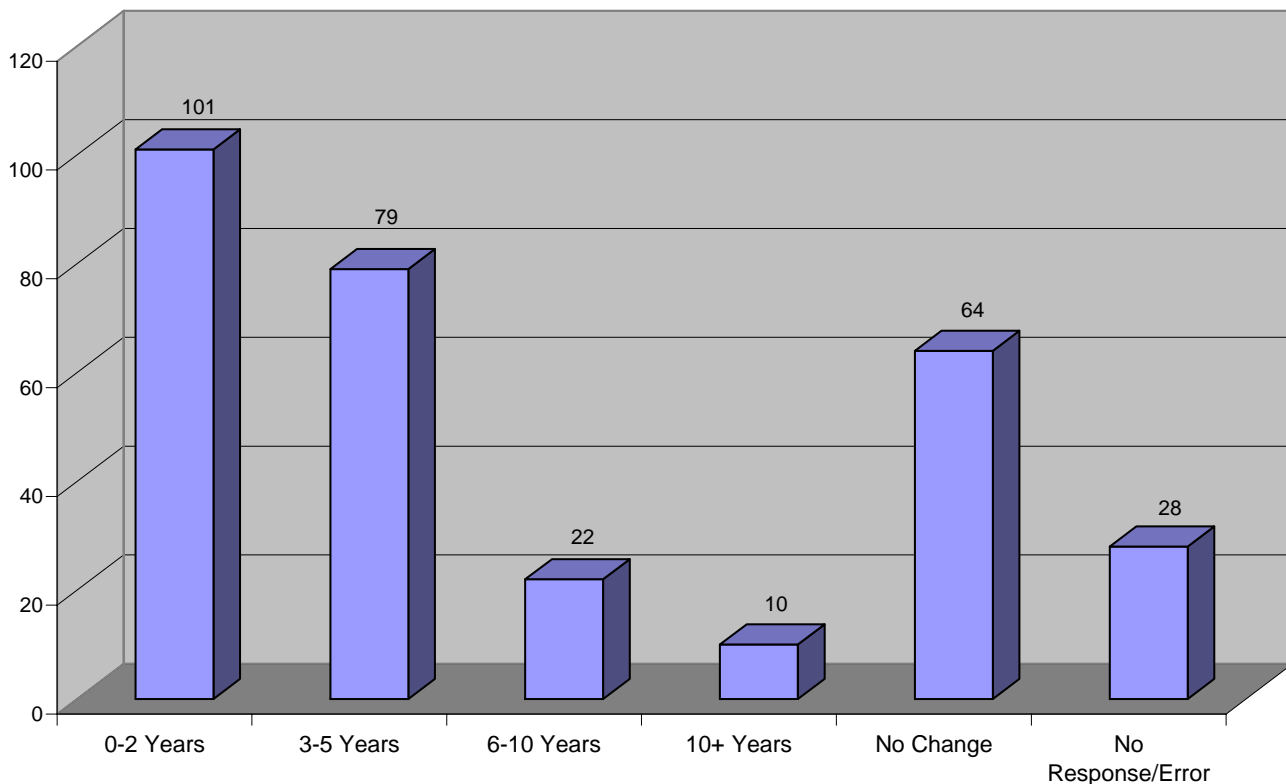


What language(s) does your translation software cover?
(may choose more than one)



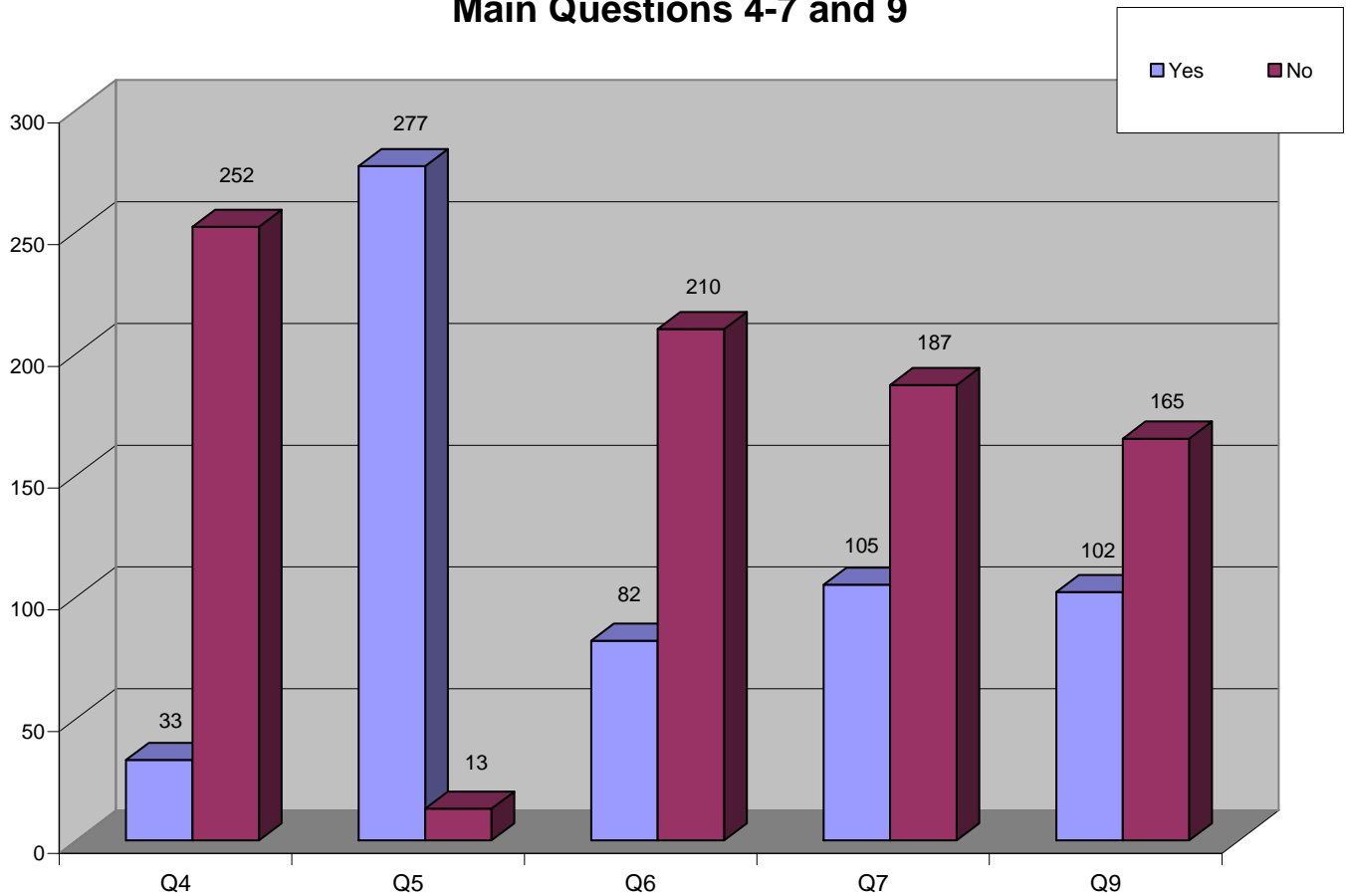
APPENDIX N

In relation to immigration, over what time period has your community changed?



APPENIX O

Main Questions 4-7 and 9



** Questions 4-7 and 9:

Q4: Does your agency have an immigration program or structure to address the needs of your community?

Q5: Do you feel like the food you receive from the food bank is culturally appropriate for the populations/communities that you serve?

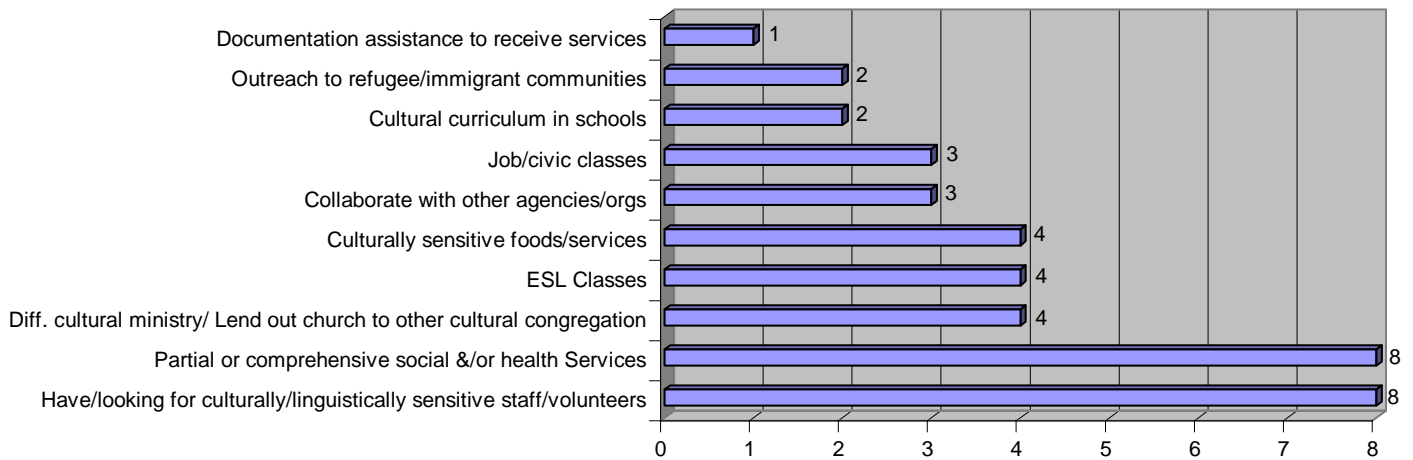
Q6: Do you collaborate or work with any other community group or agency other than the ACFB to get “culturally appropriate food” or to increase food security in your community?

Q7: In relation to services other than direct food service, are there other groups that you collaborate with to address the immigrant community you serve?

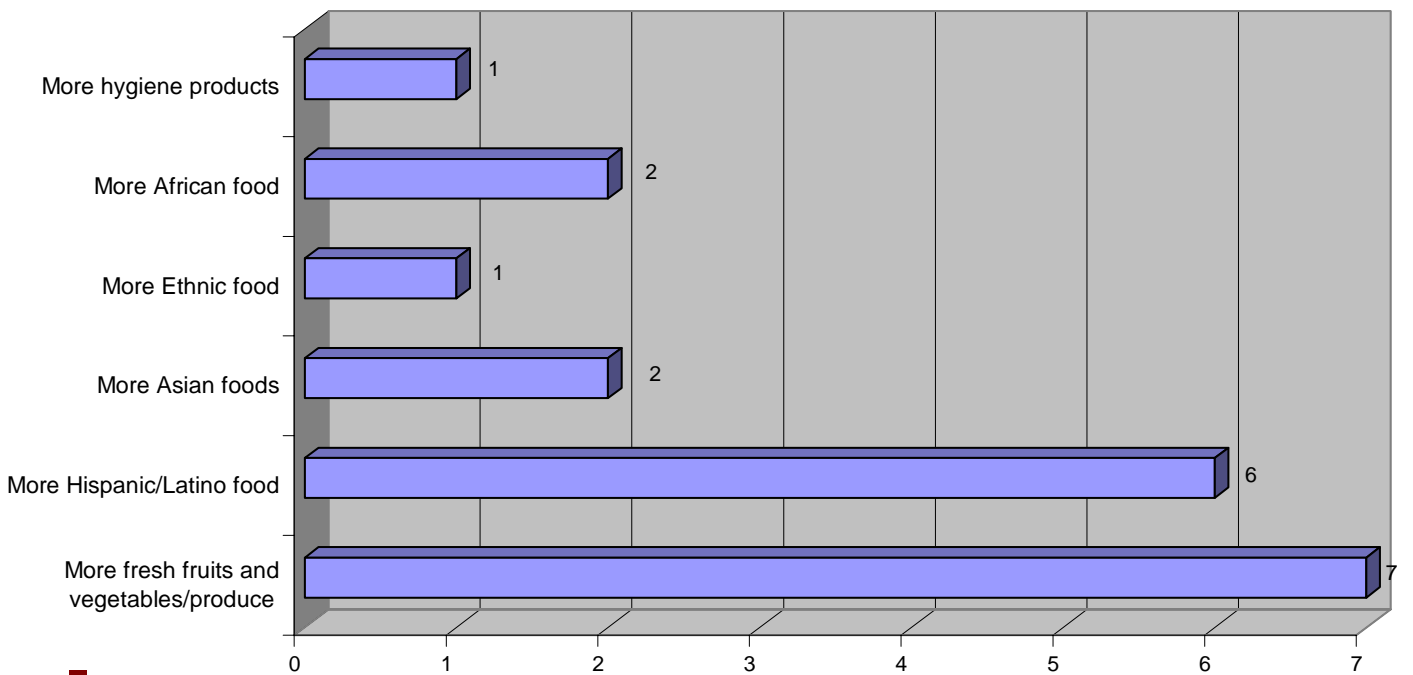
Q9: Do you see a need from different immigrant groups in your community that you feel you cannot meet because of your agencies resources? (i.e. language/translation resource, cultural differences, education, trust, etc.)

APPENDIX P

If you stated Yes to Q4, please describe your immigration/refugee program

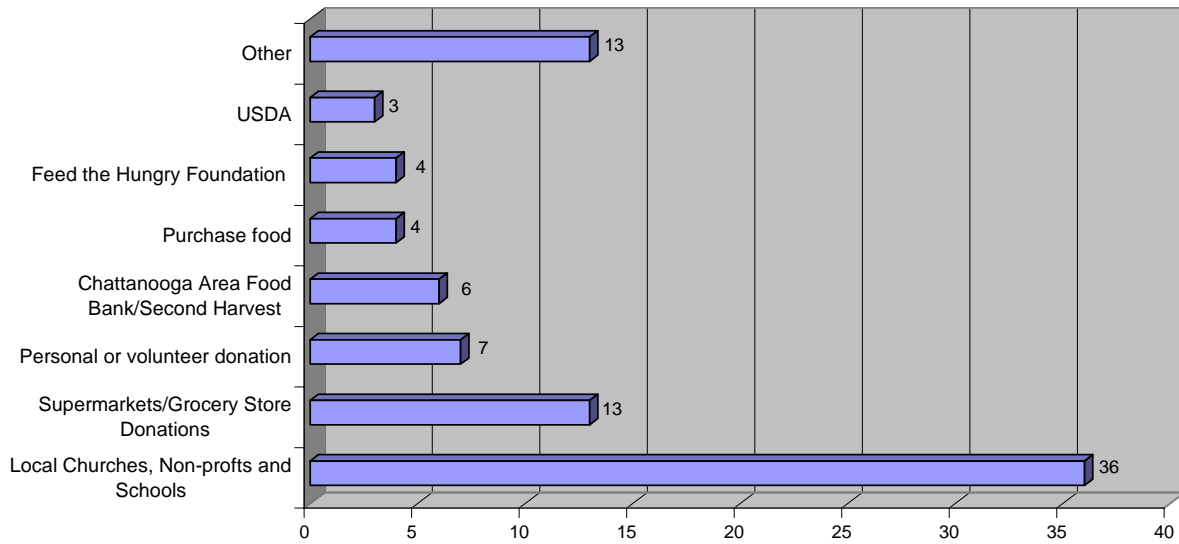


If you stated No to Q5, what type of food would be culturally appropriate for the communities you serve?

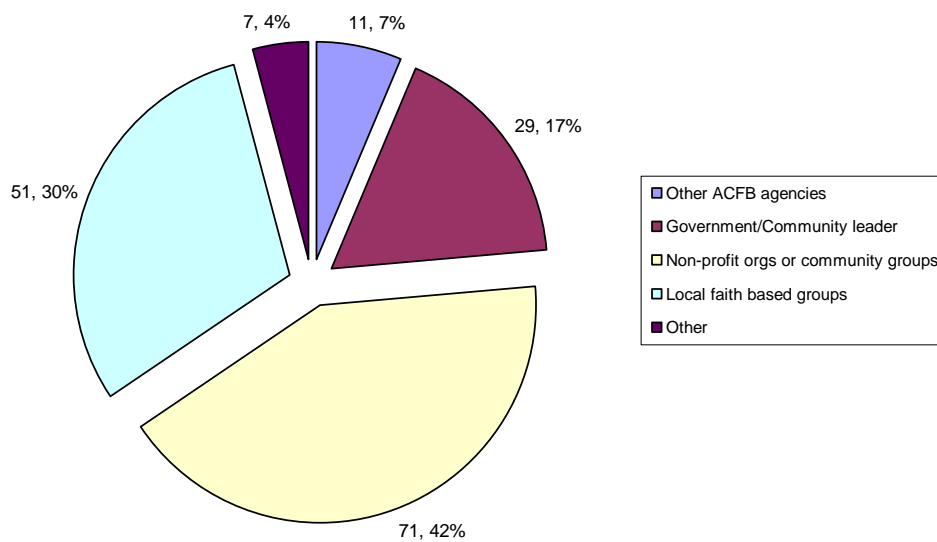


APPENDIX Q

Do you collaborate with any other organizations to get "culturally appropriate" food?

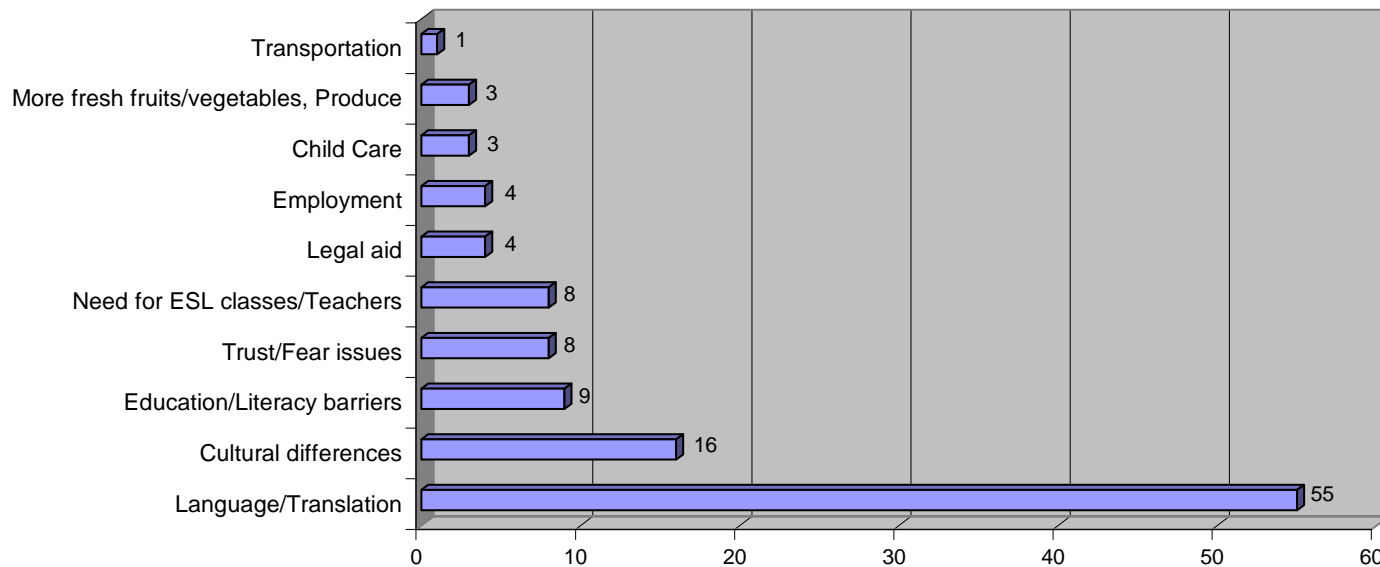


What other groups do you collaborate with to help meet the needs of the immigrant community(ies) you serve?
(may choose more than one)

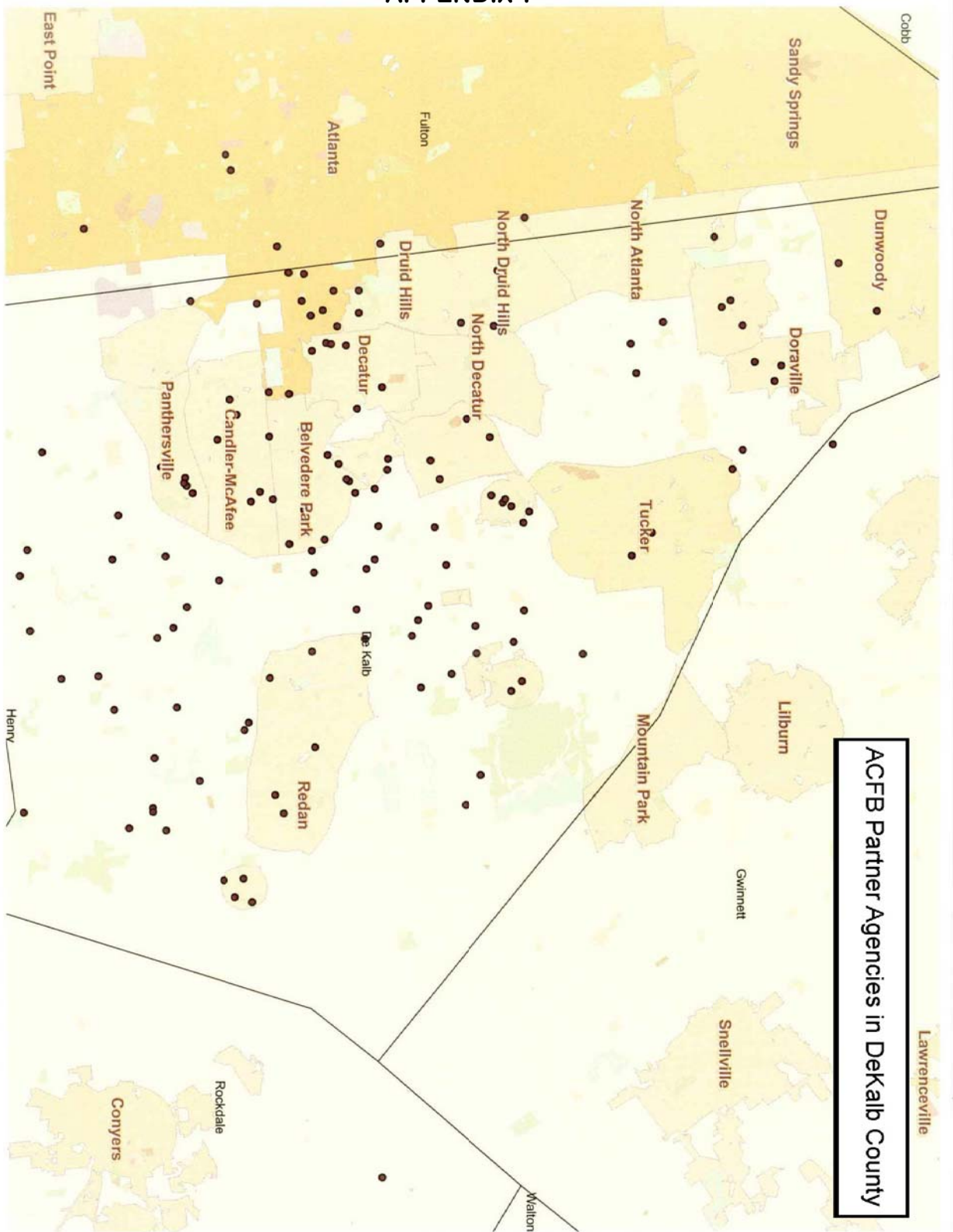


APPENDIX R

**Do you see a need in immigrant/refugee groups in your community that you cannot meet because of your resources?
Please describe:**



APPENDIX T



APPENDIX U

Important Terms

Immigrant

Refers to a person that has moved from one nation-state to another where they are not citizens (includes those who are documented and un-documented). Implies long-term permanent residents as well as seasonal labor migration (typically for periods less than a year).

Food Insecurity

Limited or uncertain availability of nutritionally adequate and safe foods or limited or uncertain ability to acquire acceptable foods in a socially acceptable way

“Culturally Appropriate Food”

Food that is familiar and reflective of cultural, religious, or other practices within a specific cultural community

Refugees

Persons who have fled their own country due to war, social unrest, or persecution. To attain refugee status a person must have a well-founded fear of persecution on the basis of race, religion, membership in a social group, political opinion, or national origin.

Refugee Resettlement Program

A federally-funded program that provides cash assistance, medical assistance, health screening, and social services to refugees. Refugee cash and medical assistance are administered through county DFCS offices. The health screening is provided through county health departments. Social services are provided by a variety of contract agencies.

Refugee Resettlement Agencies

Voluntary resettlement agencies are national agencies responsible for helping refugees through the first 90 days of their period of resettlement in the United States.

Emergency Food System

Comprised of emergency food programs such as food pantries, soup kitchens, and shelters. Distribute prepared and non-prepared food and other grocery products to clients.

Humanitarian Parolee

A parolee is an alien who may be inadmissible, but who is given temporary admission into the United States. One type of parole is humanitarian parole, authorized by the USCIS (formerly the INS) headquarters or overseas district offices for “urgent humanitarian reasons” specified in the law. It is used in cases of medical emergency and comparable situations. Humanitarian parole is granted on a case-by-case basis.

APPENDIX V

Sudanese Food List

Meats

Stew beef (2 lbs.)
Chicken (2 lbs.)
Hamburger (2 lbs.)

Other Foods

Milk
Rice
Spaghetti
Tomato Sauce
Jam
Oranges
Potatoes
Green Peppers
Garlic
Salt
Sodas (Orange, Sprite)

Butter
Cooking Oil
Orange Juice
Tuna Fish
Eggs
Bananas
Italian Salad Dressing
Carrots
Onions
Black Pepper

Tea Bags
Sugar
Coffee Instant
Cereal (Corn Flakes)
Tomatoes
Apples
Flour (10 lbs.)
Lemons
Cookies
Bread

Somali Food List

Meats

Stew Beef (2 lbs.)
Chicken (2 lbs.)

Other Foods

Milk
(corn) Orange Juice
Tuna Fish (3cans)
Jam Eggs (2 dozen)
Tomatoes
Italian Salad Dressing
Cucumbers
Butter
Green Peppers
Red Pepper (spice, not hot)
Garlic
Salt
Chili (Green)

Spaghetti
Apple Juice
Cereal (Corn Flakes)
Cardamom
Apples
Oranges
Lettuce
Tea Bags (Lipton)
Eggplant
Carrots
Onions
Pepper (black)
Garlic

Tomato Sauce
Cooking Oil
Beverages
Bread (white or brown)
Cumin (ground)
Flour (10 lb)
Rice (10 lbs.)
White Potatoes
Sugar
Coriande
Banana
Lemons
Cookies
Cinnamon

Meats

Beef
Chicken
Fish

Other Foods

Milk
Tomato Sauce
Beverages
Jam
Bananas
Oranges
Flour
Butter
Sugar
Lemons
Salt
Baking Powder
Green Vegetables

Meats

Ground Beef (2 lbs.)
Chicken (2 lbs.)
Fish (2 lbs.)

Other Foods

Green Pepper
Cucumbers
Mushrooms
Spinach
Black olives
Turnips
Parsley
Green onion
Oranges
Salt
Curry powder
Lavash (bread)
Egg noodles
Fruit Juice
Butter
Yogurt

Liberian Food List

Rice
Cooking Oil
Cereal
Eggs
Lettuce
White Potatoes
Vinegar
Tea
Hot Pepper
Carrots
Garlic
Okra
Palm Soup

Iranian Food List

Tomatoes
Lettuce
Zucchini
Eggplant
Celery
Garlic
Dill
Bananas
Mandarin
Pepper
Seven spices (Advieh)
Pita bread
Tea
Cookies
Feta cheese
Jam

Spaghetti
Orange Juice
Bread
Tomatoes
Cucumbers
Red Potatoes
Cornmeal
Coffee
Hot Sauce
Yogurt
Onions
Cabbage
Eggplant

Potatoes
Onions
Green beans
Cauliflower
Carrots
Cilantro
Chives
Apples
Grapes
Turmeric
Bay leaves
Rice
Coffee
Eggs
Milk

Cuban Food List

Meats

Stew Beef (2 lbs.)
Ground Beef (2 lbs.)
Chicken (2 lbs.)
Pork (2 lbs.)
Ham (2 lbs.)

Other Foods

Italian Bread
Eggplant
Spanish Olives
Grapes
Lemons
Tomato Sauce (several cans)
Long-grain rice
Garlic
Cinnamon
Butter
Salt
Coffee (Burstito, Pico)
Vinegar
Red beans (dry)
Adobo (spice available in Spanish section at groceries)

Green Leaf Lettuce
Potatoes
Apples
Bananas
Carrots
Cookies
Beverages (Coke, 7-Up)
Black Pepper
Corn Oil
Flour
Baking Powder
Jam
Green peas (canned)
Black beans (dry)

Tomatoes
Onions
Oranges
Cucumbers
Eggs
Orange Juice
Cereal
Oregano
Milk
Sugar
Tea Bags
Ketchup
Cheese (American)
Garbonzo beans (dry)

Burmese Food List

From regular grocery stores:

- Fresh fruits (any kind)
 - Fresh vegetables : carrots, cabbage, onions, garlic, basil, ginger
 - Coffee (instant is ok, too)
 - Eggs
 - Any kind of meat that can be chopped up to cook
 - Oil
 - Soy sauce
- Spices such as: coriander, cumin, turmeric

From Asian markets:

- “Thai” rice (regular rice will do, but most Burmese prefer this kind)
 - Rice Noodles
 - Dried fish
 - Fish sauce
 - Shrimp paste
 - Coconut milk
- Hot chili peppers

If it is affordable for the co-sponsorship team, almost all Burmese families use rice cookers and find them essential.

Bosnian Food List

Meats

Stew Beef (2 lbs.)
Chicken (2 lbs.)
Ground Beef (2 lbs.)
Tuna (3 cans)

Milk
Tomato Sauce
Beverages
Jam
Bananas
Cucumbers
Flour (10 lbs.)
Cornmeal
Butter
Sugar (5 lbs.)
Hot Sauce
Yogurt
Onions
Oregano
Baking Powder
Cookies

Rice (short grain, 10 lbs.)
Cooking Oil (corn)
Mixed canned vegetables
Eggs (2 dozen)
Apples
Oranges
Vinegar
Oatmeal
Margarine (large tub)
Instant Coffee
Hot Pepper
Lemons
Salt
Hungarian Paprika
Baking Soda
Vegeta (seasoning)

Spaghetti
Orange Juice
Cereal Bread (white or brown)
Tomatoes
Lettuce
White Potatoes
Ketchup
Cheese
Tea Bags (Lipton)
Green Peppers
Carrots
Garlic
Pepper
Cremora
Yeast

Ukrainian Food List

Meats

Chicken (2 lbs.)
Pork (2 lbs.)
Hamburger (2 lbs.)
Kielbasa (2 lbs.)

Other Foods

Potatoes
Peas
Rice
Salt
Apples

Beets
Onions
Italian Bread
Garlic
Bananas

Cabbage
Corn
Flour
Eggs
Oranges

