

break bread

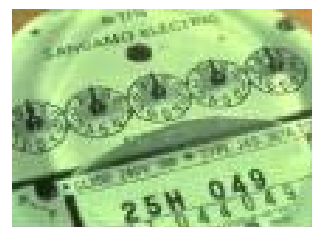
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Illinois Community Action Association
Food Security & Advocacy News

How Nutrition Programs Help with High Energy Costs

Source: FRAC, November 22, 2005

A new FRAC publication, Heat and Eat: Using Federal Nutrition Programs to Cushion the Shock of Skyrocketing Heating Bills, reviews various strategies in food stamps and child nutrition to help low-income families deal with the classic heat-or-eat quandary at a time of skyrocketing heating fuel costs. The federal government expects this winter's natural gas heating costs to be 41 percent higher than last year's and the average bill to be \$173/month, or 19.4 percent of the income from a full-time, minimum wage job. The federal nutrition programs cannot solve this problem for low-income families, but they can help. They can reach eligible, unserved families quickly; can adjust benefits to meet rising shelter costs; and otherwise help families and child-serving institutions. The new publication is intended to be useful to state and local officials, food stamp and TANF caseworkers, LIHEAP offices, utility executives and offices, community-based organizations, food banks, anti-hunger advocates, and others seeking to help low-income families with this coming winter's terrible cost crunch. The full report can be accessed at http://www.frac.org/pdf/energy_paper05.pdf.



CFNP Funding Continues to be Debated

Source: FRAC, November 18, 2005

On Nov. 16th, Senate and House negotiators completed work on the FY2006 Labor-HHS-Education Appropriations bill. Despite a major lobbying effort by advocates for funding of the Community Food and Nutrition Program (CFNP), the bill failed to provide any funding for the program. (The Senate had proposed maintaining funding at FY2005 level (over \$7 million); the House had zeroed out funding.) To view the conference report and House debate, go to <http://www.rules.house.gov/109/text/hr3010cr/109hr3010confrep.pdf>

On Nov. 17th, the House rejected the FY2006 Labor-HHS-Education Appropriations conference report (H.Rept.109-300), by a surprising vote of 209-224 (for the roll call vote, go to: <http://clerk.house.gov/evs/2005/roll598.xml>). The bill will now return to the House and Senate Conference for modifications. This is the last opportunity to ensure fiscal year 2006 funding for CFNP. A revised bill is expected to go to the House and Senate soon after the Thanksgiving recess.

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Public Policy Spotlight

Concern Grows About Antibiotic Use in Food

Source: The Wall Street Journal, August 2, 2005

The Food and Drug Administration's decision last week to ban the antibiotic Baytril in poultry production is among the latest in a series of steps to limit the use of antibiotics in farm animals. The move comes at a time when an increasing number of companies are marketing "antibiotic-free" meat. The only problem: Many consumers are baffled by what risks antibiotic use in chickens, cows and pigs could pose to human health.

But as claims about antibiotic use proliferate, consumers are facing an array of confusing terminology, some vague and some highly technical. Such sales pitches and labels may help foster a basic misunderstanding among food shoppers about just why there is concern over the use of antibiotics in farm animals. According to consumers and scientists who specialize in food-safety issues, many people mistakenly think it is because meat and eggs from animals given antibiotics are laced with drugs.

The problem of antibiotic resistance occurs when use of an antibiotic kills off all the susceptible bacteria

but leaves behind a few that were able to withstand the drug. These resistant bacteria then can multiply, creating a new race of "super bugs" that drugs can't kill. Consumers and health groups have said that use of antibiotics in farm animals will create more resistant bacteria that live in the animals — and that could infect someone who later eats the animal. In addition, resistant bacteria in animals can make their way into the environment through ground water, manure and other channels.

Antibiotics are used in livestock production in two distinct ways. One is subtherapeutic antibiotics, which are mixed in with feed and given to farm animals throughout their lives, even when they aren't sick.

These antibiotics both prevent disease and promote faster growth for reasons that aren't entirely understood, but may have to do with enhancing the animals' immune systems. The other way the drugs are used is therapeutically, when animals get sick. Farm animals get lots of bacterial infections, for the same reasons school children do: They spend a lot of time together in close quarters where disease spreads easily.

Feds Aren't Subsidizing Recommended Foods

Source: Associated Press, August 10, 2005

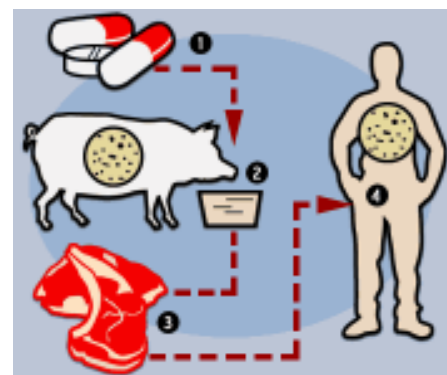
The government says half your diet should be fruits and vegetables, but it doesn't subsidize the farmers who grow them. Instead, half of all federal agriculture subsidies go to grain farmers, whose crops feed animals for meat, milk and eggs and become cheap ingredients in processed food.



What's wrong with that? "Obesity. That's clearly the problem, if you look at the outcome in today's society," said Andy Fischer, executive director of the Community Food Security Coalition, a Venice, Calif., advocacy group. Two-thirds of Americans are overweight or obese. People clearly are getting the calories they need and more, but they're not getting enough nutrition, diet and disease experts say.

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What's Going On a local perspective

Proven Practices for Community Gardens

Source: Community Food Security Coalition & Illinois Community Action Association

Chicago has 6,000 acres of vacant land just waiting to be converted into urban mini-farms. This land could feed all the hungry people in the city. The gardens/mini-farms could be cooperatives, community gardens or private mini-farms. They could provide employment for many of the unemployed. Nothing brings down neighborhoods quite like vacant lots. They become unwanted magnets for trash, high weeds and discouragement. Gardening/mini-farms can beautify a community, produce income, and become a center of neighborhood gatherings and refuge for the soul.



Like Chicago, communities throughout Illinois have an abundance of vacant lots that can be transformed into a productive means to providing employment, food for the hungry, and to beautifying neighborhoods.

The ICAA has a start-up grant of \$5,000.00 that is available to any Community Action Agency or other community based organization, that is willing to collaborate with the local Community Action Agency, to initiate a Community Garden. If you are interested in the start-up grant, please contact Holly Copeland at 217.789.0125.

Additional information on proven practices for Community Gardens can be found at: dirtdoctor.com, newfarm.org; invisiblegardener.com, rodaleinstitute.org, cityfarmer.org, ruaf.org, echonet.org, attra.ncat.org, slowfood.com, cipotato.org/urbanharvest, thefutureisorganic.net; hdra.org.uk, and jardins-familiaux.org.

Information on Children & Youth Gardening can be found at: ecoliteracy.org/programs/wellness_policy.html; slowfoodusa.org/education/index.html; Curriculum: Farm to Table-nehbc.org/education.html; slowfoodusa.org; sustainabletable.org/schools, earthboundfarm.com/Kids/index.aspx; kidsregen.org; kidsgardening.com; thefoodproject.org/blast; gardenorganic.org.uk/schools_organic_network/index.php

Visionaries Promote Alternatives to Foods Banks

Source: newstandardnews.net/content/index.cfm/items/1353



In Chicago during the holidays you see lots of bins for food bank donations and you see lots of news stories about people eating their holiday meals at soup kitchens. In the richest country in the world, hunger is still obviously an ever-present and growing problem. But some community organizers are taking innovative approaches to solving what otherwise appears to be an unending problem by empowering the hungry to take an active part in providing for their own needs.

They point out that the definition of hunger overlooks the huge number of Americans who eat a diet of fast food and heavily refined snacks lacking in nutrients, since that is usually cheapest and easiest to access in poor neighborhoods where corner stores have largely replaced groceries. The common perspective on hunger also

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What's Going On a national perspective

McDonald's UnFair Treatment of Tomato Pickers

Source: <http://www.unionvoice.org/campaign/mcdonalds/>

For months, the Coalition of Immokalee Workers (CIW) and allies across the United States have called on McDonald's to follow Taco Bell's lead and work with the CIW to establish fair wages and working conditions for the farmworkers who pick its tomatoes.

In March of 2005, Taco Bell agreed to take responsibility for the appalling conditions faced by the farmworkers who pick its tomatoes. The agreement established a partnership between Yum Brands, Taco Bell's parent company, and the CIW and set several important precedents for social responsibility in the fast-food industry. Among those precedents, Taco Bell agreed to pay a penny more per pound for the tomatoes it buys from Florida growers — an increase that could nearly double workers' sub-poverty wages — and to establish the first-ever enforceable Code of Conduct for US agricultural suppliers.



Yet despite strong public support for the ground-breaking agreement, McDonald's has steadfastly refused to follow Taco Bell's lead on this simple path to justice. For more information on the CIW's campaign go to <http://www.unionvoice.org/campaign/mcdonalds>.

Green Acres? Try Skyscrapers

Source: <http://www.wired.com>, September 28, 2005



Tens of thousands of empty storage containers are stacked in towers along I-95 across from the harbor in Newark, New Jersey. They're heaped there in perpetuity, too cheap to be shipped back to Asia but too expensive to melt down.

Where many might see a pile of garbage, Lior Hessel sees, of all things, an organic farm. Those storage containers would be ideal housing for miniature farms, he believes, stacked one upon another like an agricultural skyscraper, all growing fresh organic produce for millions of wealthy consumers. And since the crops would be grown with artificial lighting, servers, sensors and robots, the cost of labor would consist of a single computer technician's salary.

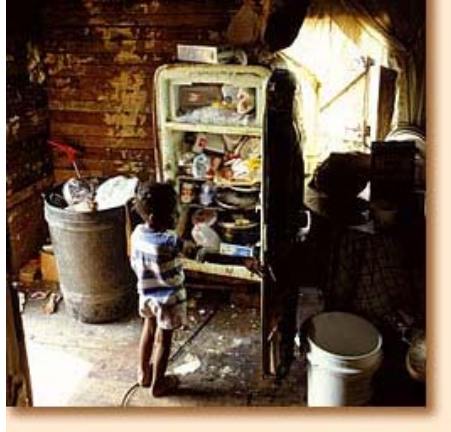
Hessel has a personal stake in this vision: He's the CEO of OrganiTech, a Wilmington, Delaware, company working toward making such farms a reality. The design and layout of the automated farms are more related to the semiconductor plants of Silicon Valley than the lettuce fields of Salinas Valley. "This is a factory, not a farm," says Hessel, whose own background is in the chip industry. "We just build lettuce instead of CPUs." The vertical farm model is one of Hessel's ultimate goals, and OrganiTech has been busy laying the groundwork to make

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Hunger In America on the Rise

Source: Brandeis University, October 20, 2005

Hunger in American households has risen by 43 percent over the last five years, according to an analysis of US Department of Agriculture (USDA) data released October 20, 2005. The analysis, completed by the Center on Hunger and Poverty at Brandeis University, shows that more than 7 million people have joined the ranks of the hungry since 1999.



The USDA report, Household Food Security in the United States, 2004, says that 38.2 million Americans live in households that suffer directly from hunger

and food insecurity, including nearly 14 million children. That figure is up from 31 million Americans in 1999.

and food insecurity, including nearly 14 million children. That figure is up from 31 million Americans in 1999.

“This is an unexpected and even stunning outcome,” noted center director Dr. J. Larry Brown, a leading scholarly authority on domestic hunger. “This chronic level of hunger so long after the recession ended means that it is a man-made problem. Congress and the White House urgently need to address growing income inequality and the weakening of the safety net in order to get this epidemic under control.”

“With this astonishing level of food deprivation in America,” Brown concluded, “we need President Bush to step up to the plate. If he now asks Congress to cut federal food programs, hunger will increase even further. We need the moral leadership to stem this crisis.” A full copy of *Household Food Security in the United States, 2004* is available at <http://www.ers.usda.gov/publications/err11/>

For the sake of these next generations, we need to think twice when designing our communities, which encourage sedentary behavior, consumption of fast food and a heavy reliance on cars. One person in the symposium audience pointed out that if there’s any silver lining in the Katrina disaster, it’s that there’s an opportunity to rebuild neighborhoods right.

Can you walk to the grocery store? Is there a playground in your neighborhood? Are there too many drive-throughs? Is it worth your time and money to prepare a meal at home? Take a look at the layout of your neighborhood, and contemplate how poor land-use planning could be harming your kid’s physical activity and eating habits.

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Weapons of Mass Destruction – Forks & Spoons

Source: Dallas Morning News, October 22, 2005

Have you considered that the real weapons of mass destruction aimed at your kids may be a fork and spoon? Or that refining your county’s land-use plan could save future generations from obesity-related illnesses such as heart disease, diabetes and psychological disorders? If our table utensils don’t seem to qualify as a large-scale threat, that can only mean government and the public are not paying sufficient attention. Many experts met in early October to discuss just that.

Fast-food advertisements are at every turn, often aimed at children, who increasingly seem to be the family decision-makers. Fast food is cheap, convenient and ready-made, and it has made its way into schools. Adults can argue that “the government shouldn’t control what I eat!” (although there are social costs to obesity). But when it comes to children, government has a strong rationale for intervening because children’s health is the foundation of future economic, cultural and social advancements.



Niger's Children Continue Dying

Source: BBC, September 23, 2005, Hilary Andersson - BBC correspondent in Zinder

If you were just passing through Niger as a traveler you could drive for hundreds of miles along the narrow strip that hugs the bottom of this giant country - the only arable land in Niger - in the happy belief that there wasn't a problem. The only thing that might tweak your concern would be the regular sight of malnourished children standing naked outside their huts. But were you to take a left or a right off the main road - the only

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Food relief 'not cost-effective'

Source: BBC News, November 2005

Sending aid in the form of food is generally a very inefficient way of providing international assistance, a study has found. A study by the Organization for Economic Co-operation and Development (OECD) found it costs on average 30% more than providing money to buy food. This can be done either locally or in an appropriate third country.

The USA and EU produce more food than their citizens need. In Africa, meanwhile, children are starving. Using the surpluses to feed the hungry seems simple good sense. But this study reveals direct food transfers as slow, cumbersome and expensive - an inefficient way of getting the right food to the right place at the right time.

The problem is that food aid is often driven by other considerations, apart from the needs of the hungry. The big donors, such as the United States, are most generous with food aid when they have big surpluses, and that, by definition, tends to be when there is plenty of food around.

And they give what they have most of, not necessarily what is most needed. Whether donors are giving free food imports as a form of budgetary support, contributing to poverty relief programs, or providing emergency famine relief, the overwhelming conclusion is that the most efficient way is nearly always to give cash to buy food from the cheapest source. Countries which are willing to do this, like Britain and Switzerland, get much better value from their aid money.

Much of the food aid is given by the United States, and US law requires that a large part of it should be bought from American farmers, processed in the United States, and transported in American ships. The OECD recognizes that food aid is likely to have several, sometimes conflicting objectives, but it says it hopes this study will give donor countries food for thought.

U.N. Finds More Hunger in Africa

Source: United Nations

The U.N. Food and Agriculture Organization issued a report that found "hunger and malnutrition kill nearly 6 million children a year, and more people are malnourished in sub-Saharan Africa this decade than in the 1990s." "Many of the children die from diseases that are treatable, including diarrhea, pneumonia, malaria and measles," the report said. Ten years earlier, 170.4 million people in sub-Saharan Africa suffered from malnutrition; the number has now increased to 203.5 million. "If each of the developing regions continues to reduce hunger at the current pace, only South America and the Caribbean will reach the Millennium Development Goal target," the agency's director-general wrote. The news from Africa is brighter on the issue of HIV infections. The Joint United Nations Program on HIV/AIDS, or UNAIDS, found that several countries in Africa were seeing decreases in HIV infection rates, including Kenya and Zimbabwe.

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Farm Aid Dumped on the Third World

Source: Melanie Warner, July 29, 2005

Late last year, in hotel rooms and photo studios in Los Angeles, New York and London, a group of celebrities agreed to get doused with buckets of coffee, milk, cocoa and sugar. It was messy, sticky and sometimes smelly, but it was all in the name of easing world poverty.



The photo shoots were organized by the nonprofit advocacy group Oxfam America as part of an ad campaign to raise awareness of what they say is the unfair nature of agricultural subsidies. The campaign urges wealthy nations like the United States and European countries to stop dumping agricultural products onto the world market, which Oxfam argues makes it impossible for farmers in poor countries to compete.

“People think more aid will help, but it won’t,” said Ms. Driver, an actress who is working on her second music CD. “Trade is the surest way of decreasing the savage amount of poverty in our world. These countries have got to be able to trade fairly.”

This year the United States will spend \$14 billion on subsidies to cotton, rice, corn, wheat and soybeans farmers, according to the United States Department of Agriculture. Oxfam contends that multibillion-dollar subsidies, which they say go primarily to big companies, not small family farmers, encourage overproduction and lower the price American producers charge on the global market.

“A cotton producer in the U.S. might produce a pound of cotton for 70 cents, whereas a West African farmer produces it for 45 cents,” said Raymond C. Offenheiser, president of Oxfam America, an affiliate of Oxfam International, which is based in Oxford, England. “The West African



farmer should have an advantage, but our subsidies allow the U.S. farmer to undersell the African farmer. He’s selling it way under his production costs.”



cotton farmers in Mali, West Africa

Originally created during the Depression to help farmers survive and to promote the stable growth of American agriculture, subsidy programs have continued in part because of strong lobbying by farm groups. These groups argue that, in addition to helping farmers, subsidies serve consumers by keeping the prices of manufactured goods low. Oxfam, however, says the impact of subsidy reduction on consumer prices would be miniscule.

More Information

FEDS continued

The government's new food pyramid, unveiled in April by the Agriculture Department, aims to improve the nation's health. It recommends that people eat fewer calories and more fruit, vegetables, lowfat milk and whole grains. It also tells people to avoid foods made with partially hydrogenated oils and sweeteners.

Federal farm programs, on the other hand, aim to maintain the financial health of American agriculture. Subsidies encourage an abundant supply of corn, wheat, rice and soybeans. Much of the corn and soybeans is fed to livestock. Some is also turned into nutrition-poor ingredients in processed food for people. Such foods are becoming progressively cheaper, while the price of fruits and vegetables is rising, said Adam Drewnowski, professor of epidemiology at the University of Washington.

Many groups are pushing to link farm programs, which are due for an overhaul in 2007, more closely to government nutrition goals. While farm subsidies are intended to provide some income stability and financial assistance to producers,



Keith Collins, the USDA's chief economist said climate and market prices are much bigger factors when farmers choose what to grow.

He pointed out the government does help fruit and vegetable growers: They have access to federal crop

insurance, and the department spends more than \$400 million a year buying produce and other commodities for the school lunch program, purchasing everything from almonds and asparagus to pineapples and turkey.

Agriculture Secretary Mike Johanns has begun a series of "listening sessions" across the country to gather input for the next farm bill, which dictates how subsidies are distributed. But the department doesn't write the farm bill. Congress does. That's where the influence of the major farm groups comes in. Groups that lobby together on behalf of subsidized crops have more than 60 years of experience under their belts. Produce groups, on the other hand, are more loosely knit and have different interests. Rather than lobby for subsidies, they've sought marketing assistance, more dollars for farmers' markets and more government purchases of fresh fruit for schools.

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GREEN continued

skyscraper farms possible. It's already using a system of robotics in high-tech greenhouses. "You might as well take advantage of the sunlight when you can," he says. "It's free energy."

Saving the cost of energy is a big part of OrganiTech's near-term business plan. As of mid-2005, it cost as much as 50 cents to transport a 1-pound head of lettuce from California (where 85 percent of America's lettuce is grown) to the East Coast, according to



Ram Acharya, an agricultural economist at Arizona State University. If the lettuce can be grown near where it's eaten, it will have an automatic cost advantage. According to the company, it costs 27 cents to produce a single head of lettuce with its system, compared to about 18 cents per head of lettuce grown in California fields. Factor in the transportation costs and suddenly the automated greenhouse grower saves as much as 43 cents a head.

Add to that the fact that OrganiTech's system is entirely free of pesticides (the greenhouses keep positive air pressure inside the structure, so few if any insects can fly in) and are grown hydroponically (without soil) so nutrients, fertilizers and water requirements are one-third to one-fifth the needs of soil-grown lettuce.

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ALTERNATIVES continued

overlooks the larger issue of people's disenfranchisement from food production and lack of control over their own food supply and health.

With these factors in mind, a report from the group Food First, called "Beyond the Food Bank," criticizes problems in the traditional food distribution model and calls instead for support of alternative, empowering food production projects like community gardens and urban household gardens, buying collectives and cooperative organic farms.



"Beyond the Food Bank" argues that food banks are something of a band-aid solution rather than a holistic approach to ending hunger and that corporations take advantage of them as tax breaks and public relations vehicles. "Apart from providing food for millions, food banks also provide a tax shelter for corporations and agribusiness," reads the report, "corporations can deduct up to twice the cost of production for their donated products, encouraging these companies to send damaged goods or test products that would otherwise get thrown out. Not all of the donations are nutritious, and some aren't even edible."

Few would dispute that food banks and soup kitchens play a crucial role in meeting people's nutritional and economic needs. Nor do many suggest that fighting hunger should be an either-or approach. Along with strengthening a social safety net that includes food banks and soup kitchens, a plethora of alternative agriculture and food-related projects around the country provide low-income people a degree of control over their own food supply and also offer a connection to the land, a sense of community and job skills.

Examples of empowering alternative food projects in Illinois include the Milwaukee-based group Growing Power, which runs a large organic farm and supports community gardens on vacant lots in Milwaukee and Chicago. Along with farming and gardening, Growing Power participants can learn how to assess brown fields (land contaminated from past use) and learn organic techniques to restore them and make them safe for farming.

Likewise, an urban ecology and farming project called EcoVIDA, located in Chicago's mostly Latino Pilsen neighborhood, helps immigrant youth grow organic gardens, raise tilapia fish and compost with worms, providing them a source of food to consume and sell as well as a connection to the earth that is often lacking in city life. EcoVIDA founder Neris Gonzalez, an ecologist from El Salvador, preaches a holistic way of looking at food, life and the earth, with the health of the environment and human bodies inextricably linked through the food we eat.

Another organization, Victory Gardens, based in urban New Jersey and Athens, Maine takes the concept to a wholly different level, not only introducing organic farming to low-income city dwellers but also using the operation as a vehicle for political awareness and activism. The project was founded by incarcerated Afrikan Liberation activist Herman Bell and environmentalists Carol Dove and Michael Vernon, based on the Black Panther Party's survival programs and Malcolm X's belief that all revolutionary struggles are centered around land.

More

Information

NIGER continued

tarred road in the region - and travel into the villages, you'd find one of the ugliest and saddest human plights on this continent.



Massive amounts of foreign aid have flowed into Niger since the world woke up to the crisis, but the food has not yet reached around a million people. It arrived too late

and is still being distributed. Aid agencies working on the ground feel ashamed at the world's slow reaction - every day they see children dying right before their eyes.

Looking around almost every child was malnourished, some with pot bellies and the tell-tale orange hair of kwashiorkor, the type of malnutrition that leaves your body bloated with fluid, and with open wounds. Others were emaciated and frail, with protruding ribs - their bodies starving to death slowly by wasting away.

In a crowded feeding centre in Zinder in the east of Niger we met Mohammadu Nakilou, a boy of about two, one of 1,000 children admitted to feeding centres every week because they are in the severe stages of starvation. The doctors were overwhelmed and could accept only the very worst cases, like Mohammadu, into intensive care.

We found Mohammadu on a respirator because of his lung infection. Starvation slows the immune system down, and the children can't fight the bacteria that are quick to feed on their weakness. His breathing was slow and desperate. He would take a long slow breath in with a painful rasping noise, and throw his head backwards to try to get more air in. Each time he took a successful breath - and each one looked as if it would be his last - his eyes would be wide with utter fear. He moved close to his mother's chest, clinging. Then his struggle would begin for the **break bread**

next breath. It was so terrible to watch that I had to walk away.

There are so many dying they don't keep a record of names, but put the medical files of those who have died in a pile that gets picked up and dumped somewhere else after 12 hours or so. In the intense frenzy of the centres where the first priority is saving lives, not counting the dead, it took some investigation to find out that Mohammadu had died shortly after we had left him the evening before. He had been buried that morning.

When you see such intense suffering of children day after day, the young, the most vulnerable people on this planet - children under five born into the poorest country on earth through no fault of their own - dying before your eyes, questions flood your mind. Why is this happening? Who is to blame? What do we do? Will it happen again?

The political answers at least are relatively easily. Niger is phenomenally poor. It has an ongoing crisis of development. More than 80% of the country is desert - it is barely viable economically.

It has a policy, encouraged by the Western world, of privatised health care so that it costs \$14 (£8) for a mother to get a baby a medical consultation. That means almost no-one in the country can afford to see a nurse or a doctor. Illiteracy is massive, so education about breast feeding, child bearing, and nutrition is virtually non-existent. About a quarter of children under five die even in normal years.



And so the next time a drought comes along this will all happen again. A massive injection of foreign development aid over the long term is probably the only answer.

The other issue is how the world responds to Africa and its crises. Why was the world late? It is in no-one's interest. It is costing the international community many times more than it should to feed Niger now than it would have had this crisis been nipped in the bud. To make a donation, please visit www.unicef.com, www.worldvision.org.uk or another charity organization.

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ICAA's Winter Semi-Annual Membership Meeting

The ICAA's Winter Semi-Annual Membership Meeting is scheduled to occur December 12 and 13, 2005, at the Embassy Suites Lakefront in Chicago. The room block has been extended. Call 312-836-5900 or 866-866-8095 to make reservations today.

Registration for the event has also been extended. Please contact Sara Ratcliffe at 217.789.0125 to complete your registration today.

The following includes a snapshot of the event's offerings:

- * Barry Maram, Director of IDHFS will address the membership
- * Kay Willmoth and Katie Williams will present a workshop on the 2006 Head Start PRISM
- * Program Forums
- * Statewide Poverty Dialogue
- * FCD Diversity Training
- * ICAA, ICADC and ICAF Business Meetings
- * Networking and friendship building opportunities in beautiful downtown Chicago!

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Fall 2005

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break bread is a quarterly publication completed by Illinois Community Action Association using funds provided through the Community Food and Nutrition Program by the Department of Commerce & Economic Opportunity.

If someone you know has an interest in food assistance programs or nutrition advocacy, we would be happy to add them to our mailing list.

The break bread staff would like to thank the USDA's midwest region, food and nutrition service for the inspiration for this newsletter. Their newsletter, *insight...out*, focuses on nutrition news and can be obtained by contacting kathleen.fiorito@fns.usda.gov.

ICAA's Mission Statement

The Illinois Community Action Association is a membership organization which serves as the network for Illinois' not-for-profit corporations and units of government which strive to raise the health, education and economic standards of the low income population in every county within the State of Illinois. The Illinois Community Action Association serves the collective interests of its members by: advocating public policies, promoting the value of the Association, providing information on issues relevant to the membership, and building partnerships that advance the community action network.

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