

**Emergency Food** - Food obtained through a Food Bank network, including salvaged or donated food from groceries, farms and corporations, as well as food secured through the federal and state government.

**Emergency Shelter** - A program that provides free temporary housing for people who have no place to live.

**Feeding America** - A national domestic hunger-relief organization responsible for soliciting corporate donations on behalf of a network of over 200 food banks across the country. The Food Bank of Western Massachusetts is an affiliate of Feeding America.

**Food Bank** - A nonprofit community organization that solicits, receives, inventories, stores, and distributes donated or recovered food to charitable agencies serving low-income people throughout a region, not to be confused with a *food pantry* (see below).

**Food Deserts** - Rural or urban areas where healthy, affordable food is difficult to obtain. Barriers may include lack of access to food retailers, availability of nutritious foods, or affordability of foods.

**Food Drive** - A campaign to collect foodstuffs for charity distribution.

**Food Insecurity** - The state of having uncertain or limited availability of food. While households considered food insecure are not always hungry, they may be forced to reduce the quality, desirability, or variety of their diets on a regular basis.

**Food Pantry** - A program that distributes free bags or boxes of groceries (non-prepared foods) to people in need.

**Food Security** - The ability to access enough food, at all times, and in socially acceptable ways, for an active, healthy life.

**Healthy, Nutritious Foods** - A variety of foods from each food group, including items that can be used together to create complete meals. Includes items that are low in sodium, sugar and saturated/trans fats, as well as: fruits and vegetables, whole grains, lean protein, and low-fat dairy products.

**Homelessness** - A state of being without a place to live. Some common causes of homelessness include eviction, job loss, substance abuse, relationship abuse or mental illness.

**Household** – A group of people living together, sharing a food budget and preparing meals together.

**Hunger** – The recurrent and involuntary lack of food, causing weakness, discomfort, or illness, due to insufficient economic, family, or community resources.

**Malnutrition** – A condition caused when the body does not get the proper nutrients either because of poor diet or incomplete digestion of nutrients.

**MEFAP/USDA** – Massachusetts Emergency Food Assistance Program and the United States Department of Agriculture, the state and federal suppliers of food commodities to The Food Bank of Western Massachusetts.

**Member Agency** – A term used to describe any of the 350 organizations who receive food from The Food Bank of Western Massachusetts, also referred to as Partner Agencies.

**Non-emergency food programs** - Charitable feeding programs whose services have a primary purpose other than emergency food distribution but also distribute food. This includes programs such as childcare centers, rehabilitation centers, camps and youth programs.

**Poverty** – Lack of basic human needs, such as food, water, or shelter, due to the inability to afford them. Federal poverty guidelines (or poverty thresholds) are set by the U.S. government each year to determine a household's poverty status based on household income and number of persons in the household.

**SNAP/Food Stamps** - Federally mandated, state administered food assistance program which helps low-income people and families buy the food they need for good health. People apply for benefits by completing a state application form. Benefits are provided on an electronic card (EBT card) that is used like an ATM card and accepted at most grocery stores. SNAP stands for Supplemental Nutrition Assistance Program.

**Soup Kitchen, Meal Site or Community Kitchen** – A program that prepares and serves free meals to people in need.