



Fact or Fiction?

Answer Key

1. Food banks, hunger centers, and food pantries all do the exact same things.

Each addresses specific needs in a community or neighborhood; some warehouse large quantities of food, some provide bags of food, some offer sit-down meals. Some also provide clothing and hygiene products.

fact **fiction**

foodbankst.org

2. Soup kitchens got their name from donations made by the Campbell soup company.

Soup is what was made on-site and served to people for free; it's nourishing, and adding broth/ingredients can make it go a long way.

fact **fiction**

wikipedia.org
www.smithsonianmag.com

3. Religious groups and civic organizations have always provided food for those who were hungry and poor.

Care for those less fortunate is a tenet of all religions; civic organizations without religious ties have also provided food for those who have needed it.

fact fiction

wikipedia.org
ancient.eu/Medieval_Monastery
soundvision.com/article

4. Studies estimate that 10% of food waste occurs at home.

Actually, it's more like 43% of food waste occurs in the home. We buy more than we can consume, forget about it 'til it's no longer good, or throw away if it's past the "best by" date.

fact **fiction**

moveforhunger.org
fda.gov/food

5. The US has approximately 328 million people. Of those, 40 million Americans face hunger daily.

One out of every six children go hungry. The Covid-19 pandemic has created millions of hungry people in the United States; some have resorted to shoplifting just to eat.

fact fiction

dosomething.org
washingtonpost.com
forbes.com

6. The single biggest "ingredient" in US landfills is old appliances.

It's food waste. "Wasted food is the single largest category of material placed in municipal landfills and represents nourishment that could have helped feed families in need."

fact **fiction**

fda.gov/food
moveforhunger.org/food-waste
dosomething.org
epa.gov



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7. “Food insecurity” means that there are some foods people don’t feel comfortable eating.

*This term refers to “lack of consistent access to enough food for an active, healthy life.”
“Hunger refers to a personal, physical sensation of discomfort.”*

fact **fiction**

feedingamerica.org
usda.gov

8. A higher percentage of people living in urban areas vs. rural areas access some form of food assistance.

“Poverty is worse in rural communities than in urban communities. In 2019, 13.3% of all people in rural areas lived below the poverty line compared to 10.0% of people in urban areas.”

fact **fiction**

feedingamerica.org
dosomething.org

9. Economic downturns, high food prices, and widespread sickness are causes of hunger.

The COVID-19 pandemic has increased hunger dramatically. The Industrial Revolution, the Great Depression, welfare cuts of the 1980s, higher food prices, and now this most recent pandemic has contributed to poverty and hunger.

fact fiction

wikipedia.org
feedingamerica.org
wri.org
usda.gov

10. People are hungry because there isn’t enough food to go around.

There is enough food to feed everyone. Poverty and hunger go hand in hand. Some of what is grown goes for industry, fuel, and animal feed. There is much that is wasted.

fact **fiction**

oxfam.org
foodfirst.org
dosomething.org

11. Even though the statistics about how many people need help feeding their families is overwhelming, each of us can do something to help.

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fact fiction

dosomething.org
feedingamerica.org

12. Food waste contributes to pollution.

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fact fiction

usda.gov
moveforhunger.org