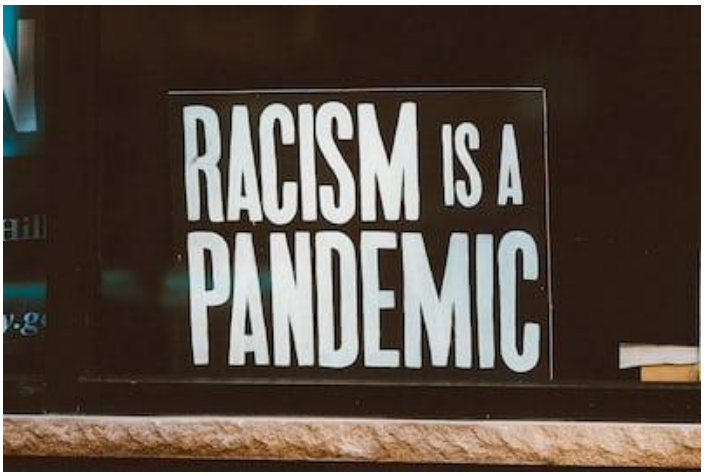
February is Black History Month: Hunger and Race

According to Feeding America [1] the Black community experiences food insecurity at higher rates than Whites. One in four African American children are affected by hunger.



According to Bread for the World, the higher rates of poverty and hunger among African Americans are direct results of systemic inequity through racial and gender discrimination. While the United States has an overall poverty rate of 12.3 percent, according to the U.S. Census, within the African American community, the poverty rate is 21.2 percent. [2]

Chronic food insecurity and hunger leads to poor health, maternal depression, behavioral and developmental problems and poor academic achievement.

Prayer: Good and gracious God, we give thanks for the diversity of your creation; for the varied colors of birds, flowers and animals. Open our eyes and hearts to see the beauty in the varied colors of skin and hair with which you have embellished your people. We give thanks for this diversity of color in the human race.

Forgive us oh God for our participation in systemic racism; sins that are known and unknown to us. Forgive us for any thoughts or actions which elevate us above others.

Loving God, provide us with experiences in which we may enjoy fellowship with our brothers and sister of color and let us rejoice in our differences!

Amen

Activities:

1. Connect with your local NAACP chapter to ask about membership and how you can join them to support equity for all people.
2. Take the Implicit Association Test at https://implicit.harvard.edu/implicit/takeatest.html to help you learn about implicit bias and unconscious discrimination.
3. Join with a local African American congregation for meals, community service projects and worship. Working and eating together helps build relationships and understanding.
4. Host an antiracism workshop at your church.
5. Contribute to a local school backpack program to provide weekend food for hungry kids.
6. February 4th is National Homemade soup day! Make a pot of soup for your local women's or homeless shelter.

References:

1. https://hungerandhealth.feedingamerica.org/wp-content/uploads/2021/02/FA_Spotlight-Black-Community_LR-1.pdf
2. https://www.bread.org/article/fact-sheet-hunger-and-poverty-in-the-african-american-community/