



## Helpful Terms

**Basic needs**: resources necessary for long-term physical well-being (ex. food and shelter)

**Case management**: increasing stability and self-sufficiency through goal planning, advocacy, resource and referral, and skill-building (VEAP Social Services)

**Diversity**: the representation of all our varied identities and differences, both visible and invisible. Includes but is not limited to: race, ethnicity, gender, ability, sexual orientation, gender identity and expression, national origin, tribe, culture, socio-economic status, thinking and communication styles, ideas, perspectives, and values

**Economic mobility**: the ability to improve one's income or wealth

**Economic security**: the ability of individuals, households or communities to cover their essential needs sustainably and with dignity

**Equity**: seeks to ensure fair treatment, equality of opportunity, and fairness in access to information and resources for all by identifying and eliminating barriers that have prevented the full participation of some groups

**Fixed income**: income that does not vary in amount from month to month. Examples include social security, pensions and lifetime annuities

**Food bank**: storehouse (typically non-profit) for food and products that go into the community

**Food pantry/shelf**: a distribution center for food. Oftentimes, food distributed comes from a food bank

**Food security**: access to food necessary for an active, healthy life

**Gentrification**: poor urban areas changed by wealthier populations moving in, resulting in improved housing and new businesses and displacing the earlier, usually poorer residents

**Housing**: shelter, building, or something else that covers and protects (general definition)

**Housing advocacy**: support to maintain safe and stable housing, including communicating with property management, proposing payment arrangements, and guidance to secure affordable housing

**Housing stability**: a household having the choice of when and where to move

**Inclusion**: builds a culture of belonging and understanding by actively inviting the contribution, participation and leadership of all people

**Income gap**: difference in income earned between demographic groups

**Labor market**: the supply and demand of labor

**Living wage**: minimum income necessary to meet basic needs

**Low-income**: income is at or below 150% of the poverty line

**Meritocracy**: people are chosen and move into positions of power based on their demonstrated abilities and merit

**Underlined words are hyperlinked to info source. Some sources are included at end of definition. References list included with paper copies (available on site at VEAP)**



**Official Poverty Measure (OPM)**: compares pre-tax cash income against a threshold that is set at three times the cost of a minimum food diet in 1963 and that is adjusted for family size (see also: Supplemental Poverty Measure)

**Oppression**: when a group or person who has power uses it in a way that is unjust, unfair, or cruel

**Poverty**: lacking the resources and income needed for a minimum standard of living

**Poverty-level wage**: an hourly wage that would leave a full-time, full-year worker below the federal poverty guideline for their family size, if they are the sole earner in the family

**Racial covenants**: a few lines of text, written into deeds by developers — prohibited selling or renting a property to “a colored person,” “Negro” or “anyone not of the white Caucasian race,” effectively barring Black residents and other people of color from wide swaths of the city and first-ring suburbs for decades. First appeared in Minneapolis in 1910 and remained in effect until 1962

**Redlining**: the practice of denying mortgages or favorable terms to residents of specific areas based on race or ethnicity. In many cases, developers had to have a racial covenant attached to the property in order to get a good rate from the bank

**Self-sufficient**: needing no help with satisfying basic needs

**SNAP**: Supplemental Nutrition Assistance Program, provides nutrition benefits to supplement the food budget of needy families, so they can purchase healthy food and move towards self-sufficiency (USDA)

**Social services**: services to promote the well-being of others

**Suburban poverty**: poverty located in the suburbs, increasingly worsening (general definition)

**Subsidized housing**: any housing with its cost underwritten by a public or private subsidy. Often referred to as ‘affordable housing,’ as it gives low-moderate income level individuals the ability to rent or purchase

**Supplemental Poverty Measure (SPM)**: introduced in 2010 to provide an alternative view of poverty and to better reflect life in the 21<sup>st</sup> century. It is used in addition to the OPM and includes changes such as calculating the poverty threshold based on expenditures on food, clothing, shelter, and utilities. Also takes geographic location into account

**Systemic barriers**: policies, practices, and procedures that unfairly discriminate and/or result in some people receiving unequal access or being excluded

**TEFAP**: The Emergency Food Assistance Program. A federal program that helps supplement the diets of low-income Americans by providing them with emergency food assistance at no cost

**The War on Poverty**: legislation introduced by President Johnson as a result of a high national poverty rate

**Visitor/client choice model**: clients select their own food instead of receiving pre-packaged bags

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