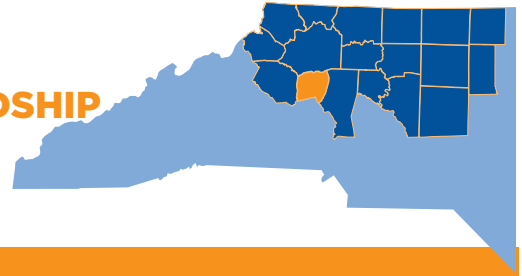




FOOD INSECURITY & ECONOMIC HARDSHIP IN ALEXANDER COUNTY



HOUSEHOLD RESOURCES IN ALEXANDER COUNTY



13.7% (5,100 residents)
are food insecure



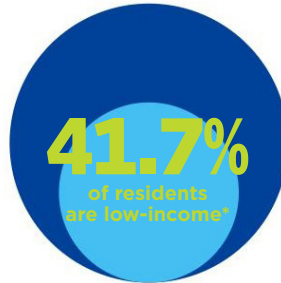
25% (2,050 children)
are food insecure

HOUSING

49.6%

of people who rent spend 30% or more of their income for housing

INCOME



16.4%
of residents live in poverty

*Income less than twice the federal poverty level

HEALTH

13.1%

of residents do not have health insurance

22.9%
of children live in poverty

TOUGH CHOICES

Among all households seeking food assistance from Second Harvest Food Bank's regional network of partners:



WHICH WOULD YOU CHOOSE?



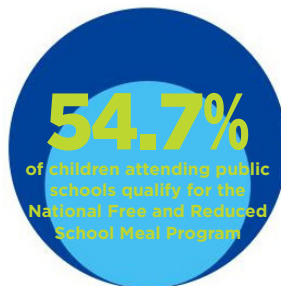
FEDERAL NUTRITION PROGRAMS IN ALEXANDER COUNTY

20%

of food insecure residents do not qualify for Food and Nutrition Services assistance

16%

of food insecure children do not qualify for federal child nutrition programs



Only 7%

of eligible children access federally funded Summer Food Service Program sites



Summer Food Service Program (SFSP) dollars left on the table:

\$9,381

FEEDING COMMUNITY IN ALEXANDER COUNTY

We believe there must be food on the table for communities to be able to do their best work. We also believe that a vibrant, resilient and thriving community requires that we challenge ourselves and others to deeper levels of conversation and action. Learn more about how our food bank is joining with other community leaders and change-makers committed to feeding community more deeply at hungernwnc.org.

In FY 2015-2016, Second Harvest Food Bank of Northwest NC's **local partners in ALEXANDER COUNTY** received:

More than 556,000 meals → **667,000 lbs. of food**
saving \$1,077,819 in food acquisition costs.

FEEDING CAPACITY

10 local partners providing assistance for community members of Alexander County **count on Second Harvest Food Bank for food for their programs** that include food pantries, community soup kitchens, shelters and special meal programs for children and seniors.



84% say that not having access to Second Harvest Food Bank as a resource for food would have a major effect on their ability to serve their community.

Additional services provided by Second Harvest Food Bank for local partners include micro grants; nutrition education services for program staff and community members experiencing food insecurity; staffing support and training in Food and Nutrition Services (food stamp) outreach; information and tools to serve as effective advocates for hunger-free communities and on-going networking forums.

For additional information, contact our Regional Outreach Manager for Alexander County at 336.784.5770.

FEEDING FUTURES

A host of studies reinforce the importance of good nutrition early in life for brain development, learning and even success over a lifetime. Together with our local partners, schools and financial supporters, Second Harvest Food Bank provides **nutritious food for children when they need it most**: after school, over weekends and school holidays, and in the summer through Kids Cafes, School Pantries, Weekend BackPacks and special summer meal programs.

For additional information, contact our Director of Childhood Hunger Programs at 336.784.5770.

FEEDING HEALTH

We know that when household resources are limited, quantity often trumps quality when it comes to choosing what foods to buy. We also know that people experiencing food insecurity are disproportionately affected by diet-related diseases, such as Type 2 diabetes and hypertension. **Among those seeking food assistance from Second Harvest Food Bank's partner agencies:**

60% of households have at least one member with high blood pressure

33% of households have at least one member with diabetes

In light of this knowledge, **Second Harvest Food Bank strives to do more than simply provide calories.** We are committed to:

- Increasing access to healthy food options for people experiencing food insecurity.
- Building the capacity of our local partners to store and provide fresh foods.
- Promoting good nutrition through classes and workshops that build knowledge and skills around shopping and cooking healthy on a budget.
- Providing assistance, training and informational materials to our local partners to assist potentially eligible community members with the Food and Nutrition Services (formerly Food Stamps) application process. (Food and Nutrition Services can provide additional nutritional support for Alexander County's most vulnerable families and also work to lift the local economy. It is estimated that every \$5 of FNS assistance spent generates \$9 in economic activity.)

For additional information, contact our Nutrition Services Supervisor at 336.784.5770.



MEMBER OF
FEEDING AMERICA

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