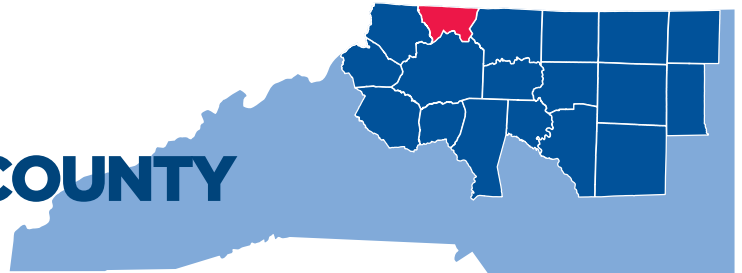


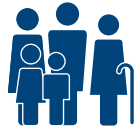


# HUNGER IN ALLEGHANY COUNTY



## IT STARTS WITH POVERTY & ECONOMIC HARDSHIP

Too many working families in Alleghany County live one unforeseen expense away from hunger. For many others, their working years are behind them, and their fixed incomes have not kept up with the cost of living.



**21%**  
of residents live in poverty  
NC: 15.4%

### INCOME

**48%**  
of residents are low income (\$48,600 or less for a family of four).



**35%**  
of children live in poverty  
NC: 21.7%

### AFFORDABLE HOUSING

**52%**  
of renters pay more than 30% of their income for housing  
NC: 50.6%



### HEALTH CARE ACCESS

**16%**  
of residents do not have health insurance  
NC: 13.2%

### FOOD INSECURITY



**12.9%**  
of residents (1,400) are food insecure  
NC: 15.4%



**24.3%**  
of children (480) are food insecure  
NC: 20.9%

### DID YOU KNOW?

**10%** of food insecure residents **do not qualify** for Food and Nutrition Services assistance

**11%** of food insecure children **do not qualify** for federal child nutrition programs

**72%** of children attending public schools qualify for the National Free and Reduced School Meal Program

**→ Less than 2%** of eligible children access federally funded Summer Food Service Program sites

The inability of people to consistently afford enough food for their household harms children, working adults, seniors, and people with disabilities. It harms the health and productivity of individuals and families, and it harms the ability of our community to fully thrive.

The future that Second Harvest Food Bank envisions is one where hunger is a thing of the past.

## FEEDING COMMUNITY IN ALLEGHANY COUNTY

4 on-the-ground partners serving Forsyth County count on Second Harvest Food Bank of Northwest NC for food and support for their programs. Our partner programs include food pantries, community soup kitchens, shelters, and meal programs for children, adults, and seniors.

In FY 2017-2018, Second Harvest Food Bank of Northwest NC's local partners in ALLEGHANY COUNTY received:

**More than 328,000 meals → 394,000 lbs. of food**  
saving \$638,777 in food acquisition costs.

Learn more about our work and how we are feeding health, feeding futures, feeding opportunity, and feeding change at [hungerNWNC.org](http://hungerNWNC.org).

SOURCES: Feeding America 2018 Map the Meal Gap Report, North Carolina Justice Center's Budget and Tax Center Economic Snapshot Facts (May 2018), NC Summer Food Service Program Data (2017), NC Department of Public Instruction Nutrition Services Free and Reduced Student Data (2016-2017)

# FEEDING PEOPLE, NOT LANDFILLS

Billions of pounds of food go to waste every year, as families, seniors, veterans, and others in our community struggle to put food on the table. Working with retail grocers, food manufacturers, processors, farmers, and others, Second Harvest Food Bank of Northwest NC prevents good food from going to waste by instead distributing it to local food assistance programs.

Every day, we move 37 tons of food through our warehouses and out to our network of local partner programs serving Alleghany County and 17 others. Together, we work to ensure that residents who are struggling to feed themselves and their families can get the food needed to live healthy, productive lives.

## BEYOND FOOD FOR TODAY

### FEEDING FUTURES

**Every child should have enough to eat — every meal, every day.** Good nutrition is essential to the healthy growth and development of children. Second Harvest's goal is to reach children where they are: schools, after-school programs, summer camps. From weekend BackPack meals to summer meal sites, we support partner programs serving children through supplying healthy food, expertise, training, and advocacy. Our collective future depends greatly on how well we care for our children today.

### FEEDING HEALTH

**Making sure that no one goes hungry is about more than providing calories; it's about supporting the health of individuals and our community.** Chronic, diet-related diseases—diabetes, heart disease, high blood pressure—are all too common in our communities and occur even more frequently when people are experiencing food insecurity. Second Harvest provides a variety of healthy food items, including fresh fruit and vegetables, for our network partner programs. Our Nutrition Services team teaches skills that help families use the resources they have for food in the most cost effective and healthy way.

### FEEDING OPPORTUNITY

**To put an end to hunger, we must address root causes of poverty.** Second Harvest's innovative Providence programs are building lasting solutions to hunger and poverty. Our work provides culinary and life skills training and opportunities to gain resume building work experience that changes lives one recipe at a time. Our Providence Culinary Training kitchen and classrooms are located in the heart of Second Harvest Food Bank of Northwest NC's warehouse, highlighting the connections between opportunity, health and good food. Providence's social enterprises include dining-for-a-cause restaurants, catering, and a community meals program that provides healthy, prepared meals for children and seniors. We invest in people to make individual lives better and make our communities thrive.

### FEEDING CHANGE

**We all have a role to play in ending hunger.** Too many working families in North Carolina live one unforeseen expense away from hunger. For many others, their working years are behind them, and their fixed incomes have not kept up with the cost of living. The future that Second Harvest Food Bank envisions is one where hunger is a thing of the past. At Second Harvest, we are raising awareness, building public will, and sparking collective action to make residents' lives better and create the kind of community where we can all prosper.

**For additional information about our work in your county, contact us at 336.784.5770.**



MEMBER OF  
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**TOGETHER**  
WE CAN SOLVE HUNGER  
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