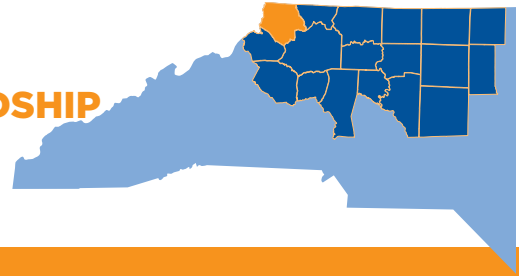
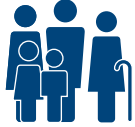




# FOOD INSECURITY & ECONOMIC HARDSHIP IN ASHE COUNTY



## HOUSEHOLD RESOURCES IN ASHE COUNTY



**14.5%** (3,940 residents)  
are food insecure



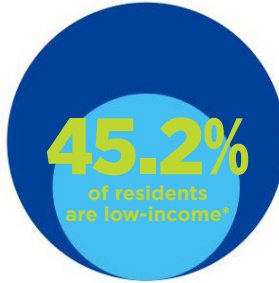
**27.7%** (1,420 children)  
are food insecure

### HOUSING

**58.7%**

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

### INCOME



**20.9%**

of residents live in poverty

\*Income less than twice the federal poverty level

### HEALTH

**17.5%**

of residents do not have health insurance

**31.2%**

of children live in poverty

## TOUGH CHOICES

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



**52%** have at least one employed adult



**57%** have income less than \$1,000 per month



**84%** purchase the cheapest food available to get quantity, even when they know it may not be the healthiest option

### WHICH WOULD YOU CHOOSE?

Among households in Ashe County seeking food assistance from Second Harvest Food Bank's local partners:



**71%**  
HAVE HAD TO CHOOSE BETWEEN BUYING FOOD AND PAYING UTILITIES



**72%**  
HAVE HAD TO CHOOSE BETWEEN FOOD AND MEDICINE/MEDICAL CARE



**62%**  
HAVE HAD TO CHOOSE BETWEEN FOOD AND PAYING FOR HOUSING



**79%**  
HAVE HAD TO CHOOSE BETWEEN FOOD AND PAYING FOR TRANSPORTATION



**17%**  
HAVE HAD TO CHOOSE BETWEEN FOOD AND PAYING FOR EDUCATION

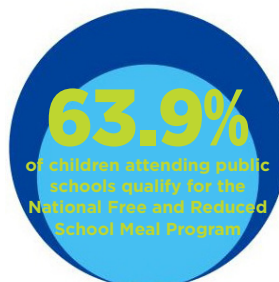
## FEDERAL NUTRITION PROGRAMS IN ASHE COUNTY

**19%**

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

**12%**

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



**Only 9%**

of eligible children access federally funded Summer Food Service Program sites



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

**\$6,472**

# FEEDING COMMUNITY IN ASHE 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](http://hungernwnc.org).

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

**More than 692,000 meals → 831,000 lbs. of food**  
saving \$1,298,518 in food acquisition costs.

## FEEDING CAPACITY

**13 local partners** providing assistance for community members of Ashe 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.

→ **91%** 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 Ashe 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 in Ashe County:**

**83%** of households have at least one member with high blood pressure      **45%** 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 Ashe 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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