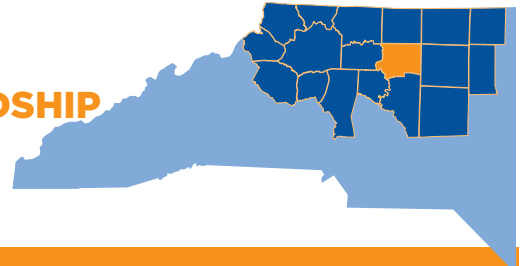
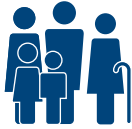




FOOD INSECURITY & ECONOMIC HARDSHIP IN FORSYTH COUNTY



HOUSEHOLD RESOURCES IN FORSYTH COUNTY



17% (59,900 residents)
are **food insecure**



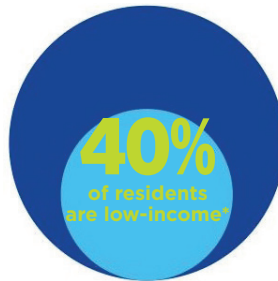
23% (19,560 children)
are **food insecure**

HOUSING

52%

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

INCOME



18%
of residents live in poverty

HEALTH

14%

of residents do not have health insurance

28.5%
of children live in poverty

*Income less than twice the federal poverty level

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 Forsyth County seeking food assistance from Second Harvest Food Bank's local partners:



69%
HAVE HAD TO CHOOSE BETWEEN BUYING FOOD AND PAYING UTILITIES



68%
HAVE HAD TO CHOOSE BETWEEN FOOD AND MEDICINE/MEDICAL CARE



66%
HAVE HAD TO CHOOSE BETWEEN FOOD AND PAYING FOR HOUSING



65%
HAVE HAD TO CHOOSE BETWEEN FOOD AND PAYING FOR TRANSPORTATION



31%
HAVE HAD TO CHOOSE BETWEEN FOOD AND PAYING FOR EDUCATION

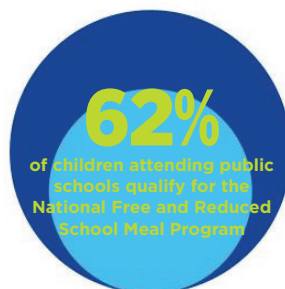
FEDERAL NUTRITION PROGRAMS IN FORSYTH COUNTY

25%

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

27%

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



Only 16%

of eligible children access federally funded Summer Food Service Program sites

FEEDING COMMUNITY IN FORSYTH COUNTY

Lost jobs. Low wages. Rising rents and healthcare costs. **POVERTY**. That's what's driving persistent hunger in our communities. And it's impacting the health and well-being of individuals and of our collective future. Learn more about how Second Harvest is feeding community at hungernwnc.org.

In FY 2016-2017, Second Harvest Food Bank of Northwest NC's **local partners in FORSYTH COUNTY** received:

More than 5.8 million meals → **7 million** lbs. of food
saving \$11,745,351 in food acquisition costs.

FEEDING LOCAL

More than 130 on-the ground partners serving Forsyth County communities count on Second Harvest Food Bank for food for their programs. Programs include food pantries, community soup kitchens, shelters and special meal programs for children and seniors.

→ **81%** 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 Forsyth 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 Forsyth County:**

55% 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 Forsyth 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

3655 Reed Street
Winston-Salem, NC 27107
(336) 784-5770

TOGETHER
WE CAN SOLVE HUNGER
hungernwnc.org

hungernwnc.org facebook.com/Food.Bank.NWNC
twitter.com/nwncfoodbank