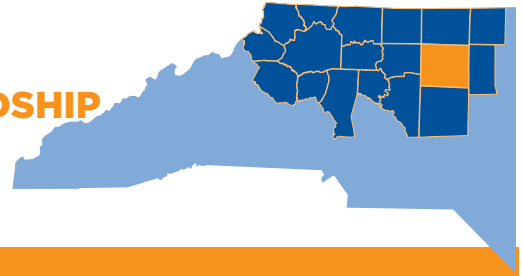




# FOOD INSECURITY & ECONOMIC HARDSHIP IN GUILFORD COUNTY



## HOUSEHOLD RESOURCES IN GUILFORD COUNTY



**18.5%** (93,510 residents)  
are food insecure



**22%** (25,120 children)  
are food insecure

### HOUSING

**51%**

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

### INCOME

**39.5%**  
of residents are low-income\*

**15.7%**

of residents live in poverty

\*Income less than twice the federal poverty level

### HEALTH

**14.4%**

of residents do not have health insurance

**23.5%**

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



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



**70%**  
HAVE HAD TO CHOOSE BETWEEN FOOD AND MEDICINE/MEDICAL CARE



**58%**  
HAVE HAD TO CHOOSE BETWEEN FOOD AND PAYING FOR HOUSING



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



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

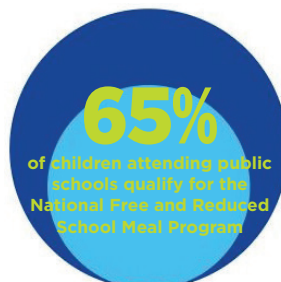
## FEDERAL NUTRITION PROGRAMS IN GUILFORD COUNTY

**25%**

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

**28%**

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



**Only 21%**

of eligible children access federally funded Summer Food Service Program sites

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

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

**More than 7.5 million meals** → **9 million** lbs. of food

saving \$15,501,605 in food acquisition costs.

## FEEDING LOCAL.

**More than 100 on-the-ground partners serving Guilford County communities** count on Second Harvest Food Bank for food and other services for their programs. Partners include food pantries, community soup kitchens, shelters and special meal programs for children and seniors.



**77%** 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 community micro grants; nutrition education services; staffing support and training in Food and Nutrition Services (food stamp) outreach; information and tools for effective advocacy.

For additional information, contact our Regional Outreach Manager for Guilford 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 Guilford County:**

**62%** of households have at least one member with high blood pressure      **27%** 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 Guilford 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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**TOGETHER**  
WE CAN SOLVE HUNGER  
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