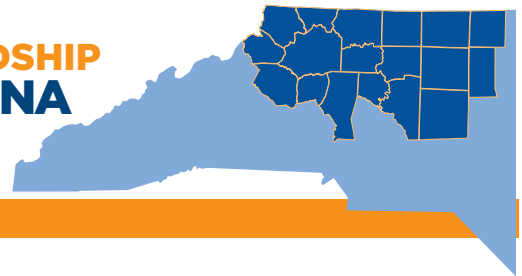




FOOD INSECURITY & ECONOMIC HARDSHIP IN NORTHWEST NORTH CAROLINA



HOUSEHOLD RESOURCES

16% (329,640 residents) are food insecure

23% (107,490 children) are food insecure

HOUSING

52% of residents who rent spend 30% or more of their income on rent – meaning their rent is unaffordable

INCOME

42% of residents are low-income*
*Income is less than twice the federal poverty level

HEALTH

14% of residents do not have health insurance

18% of residents live in poverty

25% of children live in poverty

TOUGH CHOICES

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



WHICH WOULD YOU CHOOSE?



FEDERAL NUTRITION PROGRAMS

23% of food insecure residents do not qualify for Food and Nutrition Services assistance

24% of food insecure children do not qualify for federal child nutrition programs

More Than Half of children attending public schools in Northwest NC qualify for the National Free and Reduced School Meal Program



Less than 15% of eligible children access federally funded Summer Food Service Program sites

SOURCES: Feeding America 2017 Map the Meal Gap Report; Feeding America, Hunger in America 2014, Food Bank Report for Second Harvest Food Bank of Northwest North Carolina; NC Summer Food Service Program Data (2016); NC Department of Public Instruction Nutrition Services Free and Reduced Student Data (2015-2016); North Carolina Justice Center's Budget and Tax Center County Quick Facts: April 2017


TOGETHER, WE ARE FEEDING NORTHWEST NC

Poverty, low wages, and rising costs for other basic needs are all factors that interplay in the lives of individuals and families that can leave them struggling to put food on the table. At Second Harvest Food Bank, we provide healthy food to meet the immediate needs of our neighbors and work to educate and engage our communities in eliminating hunger and its root causes.

In FY 2016-2017, Second Harvest Food Bank provided **over 30 million meals** (**36.9 million lbs. of food**) for neighbors in need through our frontline partners, **saving our network members more than \$62 million** in food acquisition costs.

FEEDING LOCAL

475+ community-based food assistance programs across 18 counties count on Second Harvest Food Bank for healthy food for their programs (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 local community.

Additional support for local partners includes: micro grants; nutrition education for program staff and community members; support and training for Food and Nutrition Services (food stamp) outreach; information and tools for advocating for healthy and hunger-free communities and more.

For additional information, contact our Director of Agency Relations at 336.784.5770.

FEEDING FUTURES

When children go without adequate, essential nutrition it can lead to a lifetime of learning and developmental challenges. Kids need good nutrition every day, all year-long to fuel their young bodies and minds. Working with our partner programs, local schools and supporters, **Second Harvest Food Bank provides nutritious meals for kids in need after school, over weekends and school holidays, and during 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

People experiencing food insecurity are at increased risk of diet-related illness. **Among the people 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

Strained household resources and challenges accessing affordable, fresh foods are contributing factors: 84% of people receiving help through our network tell us that they often choose less healthy foods in order to have enough food for the table. For people living in more rural communities and in many low-income neighborhoods, full-service grocers stocked with healthy options are few and far between. The cost to get to these locations leaves even fewer resources for groceries. **Second Harvest Food Bank works to address the connections between hunger and health through fresh produce initiatives; nutrition education programs; partnerships with healthcare providers and more.**

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

FEEDING OPPORTUNITY

Second Harvest Food Bank's Triad Community Kitchen Culinary Job Training Program (TCK) offers a pathway to gainful employment for people who are unemployed or underemployed. TCK students come to the program from all walks of life. Some are seeking new skills after a job loss; others are seeking a fresh start as they move forward in recovery from addiction or time served in prison. Following an intensive culinary and job skills training experience, graduates are ready to enter the workforce in the growing food service industry. Extended training opportunities for graduates are available through TCK's paid Hospitality Residency Program. The residency takes place at Second Harvest Food Bank's Providence Restaurant, a unique, non-profit business enterprise, where patrons can enjoy fabulous food and all proceeds support the TCK program. Residency participants learn about all areas of restaurant and catering operations in preparation for higher-paying, leadership roles in the food service industry.

For additional information, contact the Executive Director of Triad Community Kitchen/Providence Restaurant at 336.784.5770.

FEEDING CHANGE

Building on a foundation that provides food for the table for our neighbors in need, the impact of our work and mission grows as we come together as caretakers of one another and stewards of the health and vitality of our communities. Feeding change encompasses the many ways Second Harvest's network, and all of the those who support our work through gifts of time, food, funds and lending their voice to our cause, continue to build, support and advocate for collaborative solutions to persistent hunger communities.



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TOGETHER
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