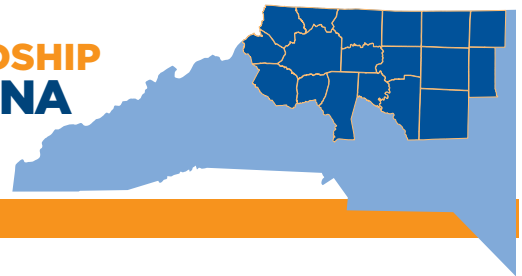




# FOOD INSECURITY & ECONOMIC HARDSHIP IN NORTHWEST NORTH CAROLINA



## HOUSEHOLD RESOURCES



### 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



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

# 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

Serving an 18-county region, Second Harvest Food Bank of Northwest NC is a vital resource for healthy food for a network of more than 450 community-based food assistance programs (food pantries, community soup kitchens, shelters, and special meal programs for children and seniors.)



**84%** our local partners 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 our local partners includes:** 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 community action and policies that support healthy and hunger-free communities.

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

Food insecurity and diet-related diseases are significant public health issues with direct correlations. Food is expensive, healthy food even more so. Families living on tight budgets are filling their carts with calories, not nutrients, to provide enough food for the table. In communities where full-service grocery stores are few and far between, affordable, healthy options are often out of reach. The consequences can be seen among the families we serve, who experience higher rates of diabetes and high blood pressure.

Community health officials recognize the links between hunger and health. **Second Harvest Food Bank's health and nutrition initiatives** are providing increased access to fresh fruits and produce in low-income communities; teaching children and families how to shop and eat healthier on a budget; delivering healthy meals through healthcare settings and connecting eligible families to additional resources for groceries.

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

## FEEDING OPPORTUNITY

Second Harvest Food Bank's **Providence Culinary Education Program** offers a pathway to gainful employment for people who are unemployed or underemployed. 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 education opportunities for graduates are available through Providence's paid Hospitality Residency Program. The residency takes place at Second Harvest's Providence Restaurant, a unique, non-profit business enterprise, where patrons can enjoy fabulous food and all proceeds support the Providence Culinary Education Program. Residency participants learn about all areas of restaurant and catering operations in preparation for higher-paying roles in the food service industry.

For additional information, contact the Executive Director of Providence at 336.784.5770.

## FEEDING CHANGE

Food insecurity harms the health, strength and vitality of our communities. As caretakers of one another and stewards of our communities, we must work together to end hunger. The Second Harvest Food Bank network works hard to provide healthy food for working families, vulnerable children and seniors, disabled individuals, veterans and others who need it, but we cannot be the sole provider of nutritional support for the 1 in 6 Northwest North Carolinians who are food insecure today. Government, the business community, non-profit organizations, foundations, and concerned community members all have a role to play.



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**TOGETHER**  
WE CAN SOLVE HUNGER  
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