



**INTER-FAITH
FOOD
SHUTTLE**

Making Ends Meet:

The Fight Against Food Insecurity



What is Food Insecurity?

A household's inability to provide enough food for every person to live an active, healthy life. Food insecurity is one way we can measure and assess the risk of hunger. In the United States currently, 1 in 8 people struggle with hunger.



Factors That Lead to Food Insecurity

- Lack of affordable housing
- Lack of living wage jobs
- Medical expenses
- Unemployment
- Lack of access to healthy and affordable foods
- Lack of reliable transportation



Food Insecurity in NC

- North Carolina is the 10th hungriest state in the nation.
- 15.4% or 1,565,910, of North Carolinians are food insecure.
- 59.8% or 923,029, North Carolina public school children applied for Free or Reduced lunch in the 2016-17 school year.
- 1 in 5 children in North Carolina faces hunger on a regular basis (24.6%)
- Almost 32% of seniors in North Carolina live in or near poverty. 20.7% are hungry.

A Snapshot of Senior Hunger



The Effects of Food Insecurity

- Serious health complications, especially when people facing hunger are forced to choose between spending money on food and medicine or medical care
- Damage to a child's ability to learn and grow
- Difficult decisions for seniors – often living on fixed incomes – such as choosing between paying for food and critical healthcare

A Conceptual Framework: Cycle of Food Insecurity & Chronic Disease



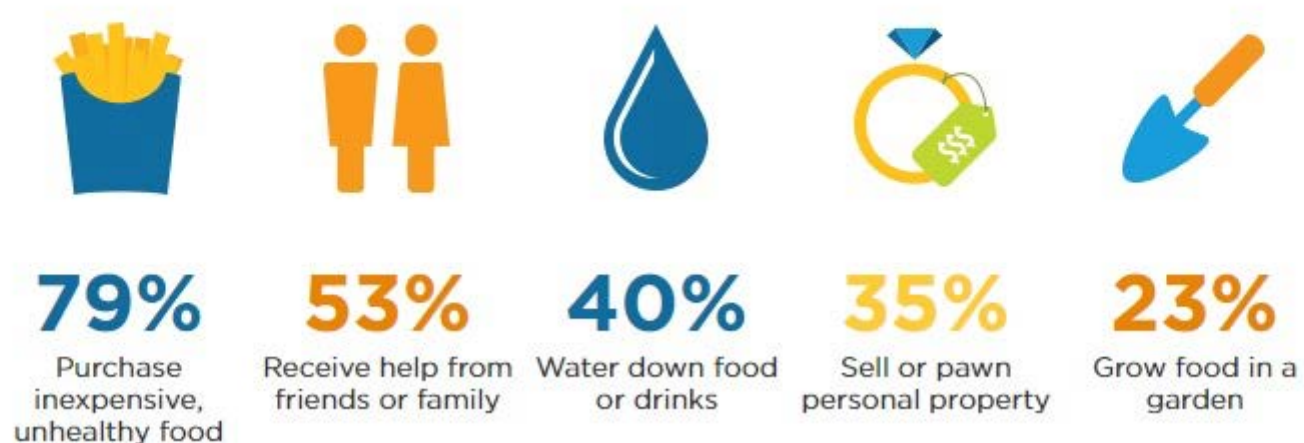
Adapted: Seligman HK, Schillinger D. N Engl J Med. 2010;363:6-9.

Compromises and coping strategies

The median annual income for households served by the Feeding America network is \$9,175. In our 2014 Hunger in America study, the people we serve told us about the choices they face due to limited resources:



They also told us about the many ways they stretch their food budget or work to supplement it:





A Holistic Path to Food Security

Nutritional Assistance Programs

Supplemental Nutrition Assistance Program (SNAP)

Formerly known as food stamps, **SNAP** is a federal nutrition program overseen by the USDA that helps you stretch your food budget and buy healthy food.

- **SNAP** benefits can be used to purchase food at grocery stores, convenience stores, and some farmers' markets and co-op food programs.
- **SNAP** benefits are given to you each month on a plastic card called an EBT (electronic benefits transfer) card, which works like a debit card. Paper coupons are no longer used.
- Income eligibility standards are set by law. Gross monthly income limits are set at 130 percent of the poverty level for the household size. Net monthly income limits are set at 100 percent of poverty. The federal poverty level is **\$11,770** for a household of one, or **\$24,250** for a household of four.

Nutritional Assistance Programs

WIC

A Special Supplemental Nutrition Program for Women, Infants and Children that is funded by the United States Department of Agriculture.

WIC is for:

- Pregnant women
- Breastfeeding women who have had a baby in the last 12 months
- Women who have had a baby in the last 6 months
- Infants
- Children up to 5 years of age

WIC Offers:

- Individualized nutrition counseling and group nutrition classes
- Breastfeeding promotion and support
- Referrals for health care and other services
- Vouchers for healthy food, including produce, whole grains, dairy, protein, etc.



Nutritional Assistance Programs

WIC

Eligibility

- Have a health/nutrition risk factor based on:
 - Height and weight measurements
 - Blood test for low iron
 - Health history
 - Diet history
- Meet WIC Income Guidelines based on:
 - A family income less than 185% of the U.S. Poverty Income Guidelines, or
 - Receive Medicaid, Work First Families Assistance (TANF), or assistance from the Food Assistance Program (once referred to as Food Stamps).



Food Assistance Organizations



INTER-FAITH
**FOOD
SHUTTLE**
FEED · TEACH · GROW



FEED



School Pantries



Mobile Markets



BackPack Buddies



Partner Agencies



**Mobile Tastiness
Machine**



**Grocery Bags for
Seniors**



TEACH



Sprout Scouts



Cooking Matters



Culinary Apprenticeships



Growing Garden Classrooms



Cooking Matters
at the Store



Seed to Supper



GROW



Food Shuttle Farm

Camden Street Learning Garden



Geer Street Learning Garden





**How Can You Help in the Fight
Against Hunger in North Carolina?**



Advocating, Volunteering, Fundraising, Food Drives, Events and More!



INTER-FAITH
FOOD
SHUTTLE

