

HUNGER IN NH

December 2020

WHAT IS FOOD INSECURITY?

Lack of regular access to enough nutritious food to lead a healthy life.

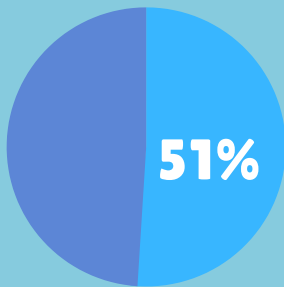
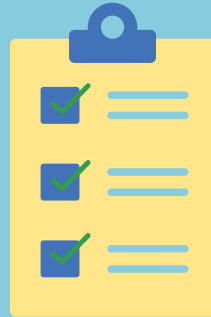
Food insecurity is one way we measure and assess hunger.



THERE ARE MANY FACTORS THAT CONTRIBUTE TO FOOD INSECURITY:

Low wages and high cost of living are major drivers of poverty and thus hunger in NH.

Those plagued by food insecurity often suffer from unaffordable housing, lack of health insurance, social isolation, and chronic health problems. These factors contribute to poor health outcomes and limit opportunities.



WHO ARE EXPERIENCING FOOD INSECURITY EARN TOO MUCH TO QUALIFY FOR SNAP AND OTHER FEDERAL NUTRITION INCENTIVE PROGRAMS

PARTICIPATION IN NUTRITION PROGRAMS IS GOOD FOR NH ECONOMY & PROSPERITY:

Every federal dollar spent by federal nutrition programs generates **\$1.50 in local economic activity.**

(ex., SNAP (Food Stamps), WIC, National School Lunch and Breakfast programs, and Pandemic-EBT)



FOOD INSECURITY IS A REAL PROBLEM IN NH

1 in 6

NH households are food insecure today



2x the rate at the beginning of 2020

3 in 4

food insecure households have children



Top 3 counties in NH for food insecurity:

Coos County: 17.3%

Carroll County: 14.6%

Belknap County: 13.8%



*<https://www.feedingamericaaction.org/the-impact-of-coronavirus-on-food-insecurity/>

THERE IS UNDER-PARTICIPATION IN NUTRITION ASSISTANCE PROGRAMS & LACK OF FUNDING

IN NEW HAMPSHIRE:

36th

in the nation in Supplemental Nutrition Assistance Program (SNAP) participation

3rd

from the bottom in School Breakfast Program district participation

18%

of individuals eligible for SNAP are not enrolled

5k+

Participation in the National School Lunch Program declined from 2015-2018 despite increased food insecurity in the same period by almost 5,000 children

37%

of eligible people participated in the WIC Program in 2017

of federal dollars are available to NH for fresh fruit and vegetable programs administered by SNAP and WIC but remain unused because the state does not fund the match requirement

\$200k+

Food pantries & private food programs are intended to provide emergency food but cannot provide long term help for hungry people

BARRIERS TO PARTICIPATION:



Cumbersome application processes and program requirements



Lack of transportation



The stigma associated with utilizing these services



Although language services are mandated language barriers still exist



Unfamiliar food and knowledge of how to use it