

New Hampshire

ROADMAP to END CHILDHOOD HUNGER



New Hampshire is one of the best places to live and raise a family. We have great schools, strong communities, diverse cultural opportunities and stunning natural resources.

Despite these advantages, not everyone in our state thrives. We haven't escaped the pain of the nationwide recession. Many of our neighbors are unemployed or underemployed. Among the consequences: too many New Hampshire children go hungry.



“The issues facing hungry children can be quite complex, but solving the problem of their hunger is simple: Feed children three nutritious meals each and every day.”

The GOOD news?
NH Hunger Solutions has a PLAN.





About FOOD INSECURITY and HUNGER

The *NH Roadmap to End Childhood Hunger* details a comprehensive statewide strategy for tackling the root causes of childhood hunger. Together we can effect the systemic change necessary to **REALIZE ONE SIMPLE REALITY...**

A New Hampshire where every child has three nutritious meals a day.

The plan was researched and developed by NH Hunger Solutions, an initiative of the Children's Alliance of New Hampshire.

NH Hunger Solutions is a diverse coalition of anti-hunger and child advocates, business and community leaders working to end childhood hunger through policy change, public-private partnerships, awareness-building and maximizing use of existing resources.

The US Department of Agriculture defines **FOOD INSECURITY** as the limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire acceptable foods in socially acceptable ways.

HUNGER is the uneasy or painful sensation caused by this lack of food or **FOOD INSECURITY**.

WHAT DOES HUNGER LOOK LIKE IN NEW HAMPSHIRE?

Hunger isn't always obvious. Hungry children come in all shapes and sizes. Although there's enough food in the state, too many children can't access it – either because their families cannot afford nutritious foods or because they live in areas where nutritious food is not nearby. Some families turn to less expensive foods that are also less nutritious. That's why some kids can be hungry and overweight at the same time.

1 in 4 cities and towns *is at*
HIGH RISK FOR FOOD INSECURITY

More than 1 in 5 households with children
EXPERIENCE FOOD INSECURITY

More than 130, 000 people
TURN TO EMERGENCY SOURCES LIKE FOOD PANTRIES
to eat. *That number has more than doubled in the last six years.*

Hunger and poor nutrition damage children's bodies and minds and impede their ability to learn and succeed. Beyond these concerns, hunger has serious implications for our economic vitality in the years ahead. When our kids aren't healthy, our communities and families aren't healthy, and New Hampshire suffers.





THE ROADMAP

NH Hunger Solutions partners identified three goals to achieve change in our state. Together we must:

- 1 Increase access to food
- 2 Strengthen New Hampshire's food systems
- 3 Ensure economic security for ALL families

HOW TO GET THERE:

1 INCREASE ACCESS TO FOOD

Expand the number of children who:

- Access healthy food in early learning and childcare programs.
- Eat a healthy, appealing breakfast and lunch during school and in the summer.
- Benefit from basic food and nutrition resources through assistance programs like WIC (Woman, Infants, Children) Nutrition Program or Food Stamps when needed.

2 STRENGTHEN NEW HAMPSHIRE'S FOOD SYSTEMS

- Identify policies that will enable children and families to obtain affordable, nutritious food, including fresh fruits and vegetables, in their community.
- Create a strong link between families and locally grown food to enhance families' ability to use healthy fresh food in their everyday lives. Strengthen farmers' connections to community food programs, such as food pantries and school nutrition programs.

3 ENSURE ECONOMIC SECURITY FOR ALL FAMILIES

- Help working families claim tax credits including the Earned Income Tax Credit.
- Improve families' ability to save for housing, education or transportation.
- Strengthen temporary assistance to low-income families with children.

What YOU Can Do

Read the NH Roadmap at www.childrennh.org

Speak out in support of policies that address the root causes of hunger.

Use the NH Roadmap in your community to ensure all kids have three meals a day.

NH HUNGER SOLUTIONS PARTNERS

Anthem Blue Cross Blue Shield New Hampshire
 Brookside Congregational Church, Manchester
 Center for Rural Partnerships, Plymouth State University
 Child & Family Services
 Children's Alliance of NH*
 Community Action Program Belknap-Merrimack Counties
 Conservation Law Foundation
 Every Child Matters
 Granite United Way
 Healthy Eating Active Living NH (HEAL NH)
 Keene State College, Dietetics Internship Program
 Lakes Region United Way
 Merrimack Valley Daycare Services
 Nashua Regional Planning Commission
 Nashua Soup Kitchen and Shelter
 New England Farmers Union
 New Hampshire Charitable Foundation
 New Hampshire Community Loan Fund
 New Hampshire Department of Agriculture, Markets and Food
 New Hampshire Fiscal Policy Institute
 New Hampshire Food Bank*
 New Hampshire Grocers Association
 New Hampshire Institute of Agriculture and Forestry
 New Hampshire Legal Assistance

New Hampshire School Nutrition Association
 NH Department of Education, Division of Program Support: Bureau of Nutrition Programs and Services
 NH Department of Health and Human Services
 Division of Family Assistance
 Division of Public Health Services, Obesity Prevention*
 Division of Public Health Services, WIC Nutrition Program*
 NH Farm to School Program
 NH Housing Authority
 Seacoast Eat Local
 Seacoast Family Food Pantry
 Share Our Strength Taste of the Nation
 Southern New Hampshire Services Head Start
 Southern New Hampshire Services*
 Strafford County Community Action Agency
 University of New Hampshire
 Carsey Institute*
 Cooperative Extension*
 School of Law*
 Food Solutions New England*
 Upper Valley Lake Sunapee Regional Planning Commission
 Walker School, Concord

** Indicates NH Hunger Solutions Steering Committee member*

WHO WE ARE

The Children's Alliance of NH is a statewide, research-based advocacy organization that collaborates with policy makers, community leaders and advocates to improve the lives of all children. The Children's Alliance coordinates NH Hunger Solutions which developed the *Roadmap to End Childhood Hunger*.

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Children's Alliance
 of New Hampshire
Raising our Voices for Children



OUR FUNDERS

