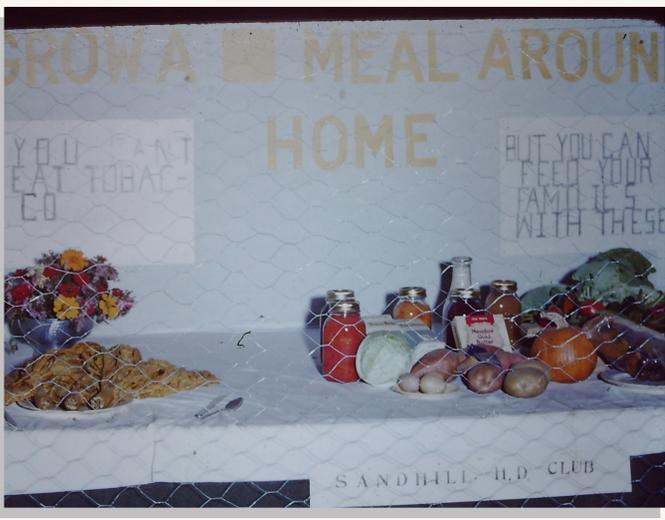


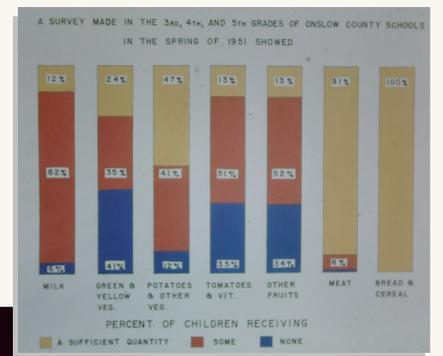
FOOD INSECURITY



“You can’t eat tobacco, but you can feed your families with these.” During the latter half of the nineteenth and early twentieth centuries many farmers often grew only cash crops such as cotton or tobacco. Because many people subsisted on salt pork, corn meal, and molasses,

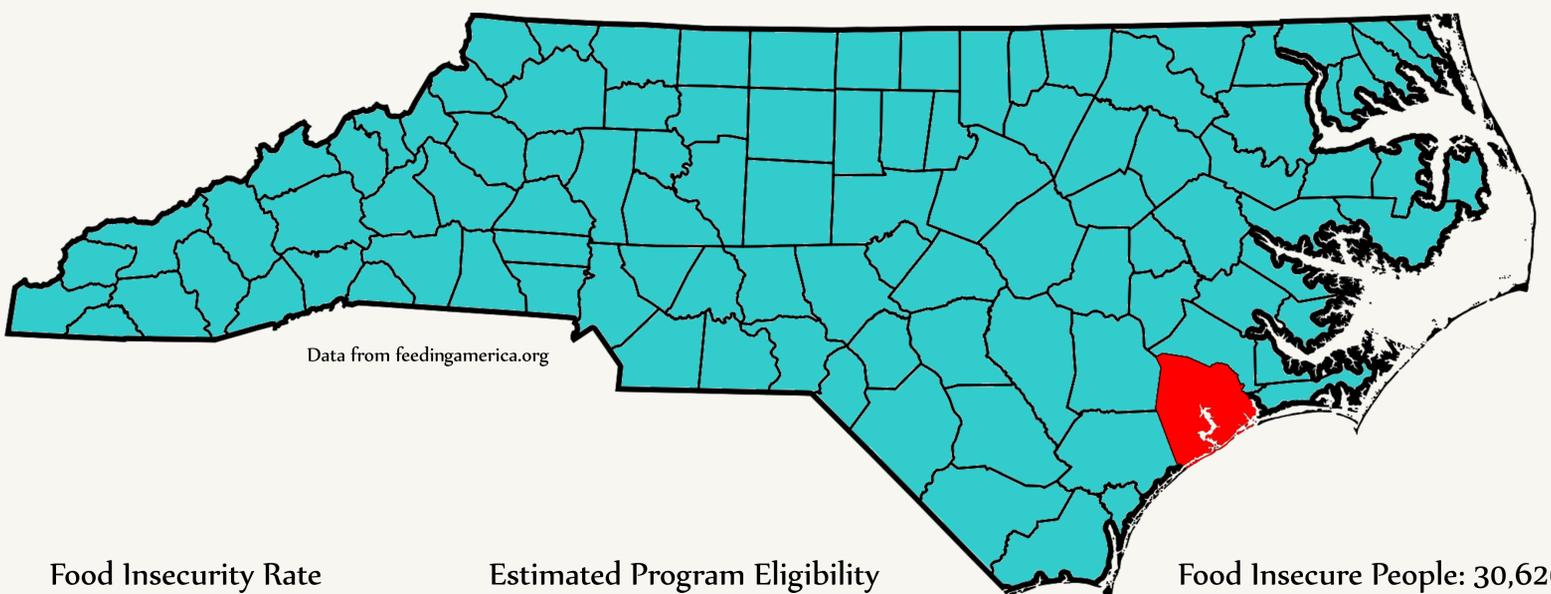
which were calorie dense but nutrient poor foods, malnutrition became a problem. The Smith Lever Act helped establish extension agencies and home demonstration programs in the early twentieth century, which sought to help agricultural families grow more nutritious crops.

The problem of poor nutrition is not a thing of the past. Many of today’s processed and fast foods are calorie dense but do not contain the vitamins and minerals necessary for a balanced diet. This, along with an increasingly sedentary lifestyle has led to many problems including an increased risk of obesity, heart disease, and diabetes.

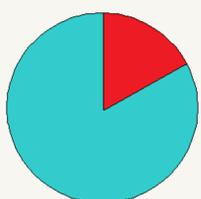


Studying the diet of school children has long been a way to gauge a community’s food security and nutrition.

Food insecurity is loosely defined by the American Institute of Nutrition as limited or uncertain availability of nutritionally adequate and safe foods, or limited or uncertain ability to acquire food in socially acceptable ways. Despite the many options available in Onslow County, there are still people who cannot afford good nutrition or are unable to access it. With your help more people can become more food secure.

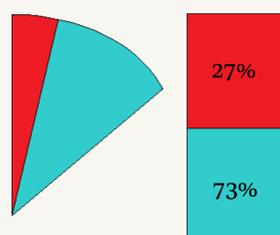


Food Insecurity Rate



17.0%

Estimated Program Eligibility Among Food Insecure People



Above SNAP, Other Nutrition Programs threshold 200% poverty
Below SNAP, Other Nutrition Programs threshold 200% poverty

Food Insecure People: 30,620

Average Cost of a Meal

\$2.79

Additional Money Required to Meet Food Needs

\$15,094,000