

Ending Childhood
Hunger in

North Carolina

A 2020 GUIDE



Millions of children in the United States today are growing up with the threat of hunger in their lives. This takes a profound toll on their health, their happiness, and their ability to build successful futures and break the cycle of poverty.

Childhood hunger is, however, a solvable problem. You have the power to help and, together, we can ensure that all children get the nutrition they need to grow up healthy, educated and strong.

The No Kid Hungry campaign is changing lives in communities across the country

Connecting Kids to the Food They Need

1

We drive social change in communities across the country – developing, sharing and implementing a replicable “blueprint” for ending childhood hunger and promoting innovative solutions for removing barriers so that low-income children can access programs like school breakfast and summer and afterschool meals.

Building Community Capacity to Tackle Childhood Hunger

2

We invest in the infrastructure needed to end childhood hunger in all 50 states and forge strong partnerships with community organizations, educators, and businesses to build capacity in local organizations and share learnings, research and best practices from across the nation.

Building the Will & Advocating for Change

3

We educate and garner support from local, state and national leaders to deliver on bold strategies that provide better access to meal programs while advocating for critical policy changes to ensure thousands more children in need are receiving healthy meals every day.

This year, we are focused on working with leaders across the nation to build public support for smart, effective policies that connect kids to the meals they need bringing together the right stakeholders to advance proven solutions.

We look forward to being your partner throughout this journey,

Lisa Davis
Senior Vice President, No Kid Hungry Campaign
Share Our Strength

In Their Own Words



Together, we can reach more kids with the food they need to grow up healthy, educated and strong. No Kid Hungry is proud of the work we have done with **elected officials, educators, chefs** and **community leaders** to build public support and provide leadership around policies to end childhood hunger in the United States..



"The kids really are excited for school breakfast. They don't have to worry about food and **it just, it really gets them ready to learn.**"

VICTORIA BAO
TEACHER, BRET HARTE ELEMENTARY SCHOOL
SAN FRANCISCO, CALIFORNIA



"We decided to ensure that **every student eats breakfast.** It helps maintain a healthy metabolism, increases focus and productivity in the classroom."

TARA SEALY
PRINCIPAL, LINWOOD PUBLIC CHARTER SCHOOL
SHREVEPORT, LOUISIANA



"Giving Montana's children every opportunity to succeed starts with ensuring they never have to worry about where their next meal comes from. **Childhood hunger is a solvable problem.**"

STEVE BULLOCK
GOVERNOR OF MONTANA



"I wouldn't be where I am today if I didn't get the food I needed when I was a child. In this country with such enormous wealth, **there is no excuse for any child to go hungry.**"

DUFF GOLDMAN
CHEF AND NO KID HUNGRY SUPPORTER



"Hunger pains are real and far too numerous. **We all have the ability, opportunity and obligation to end hunger** by making food available to our youth."

ELAINE JONES, RD, LDN
CLINICAL NUTRITION MANAGER, ATRIUM HEALTH'S CHS UNIVERSITY
CHARLOTTE, NORTH CAROLINA

North Carolina: Program Performance

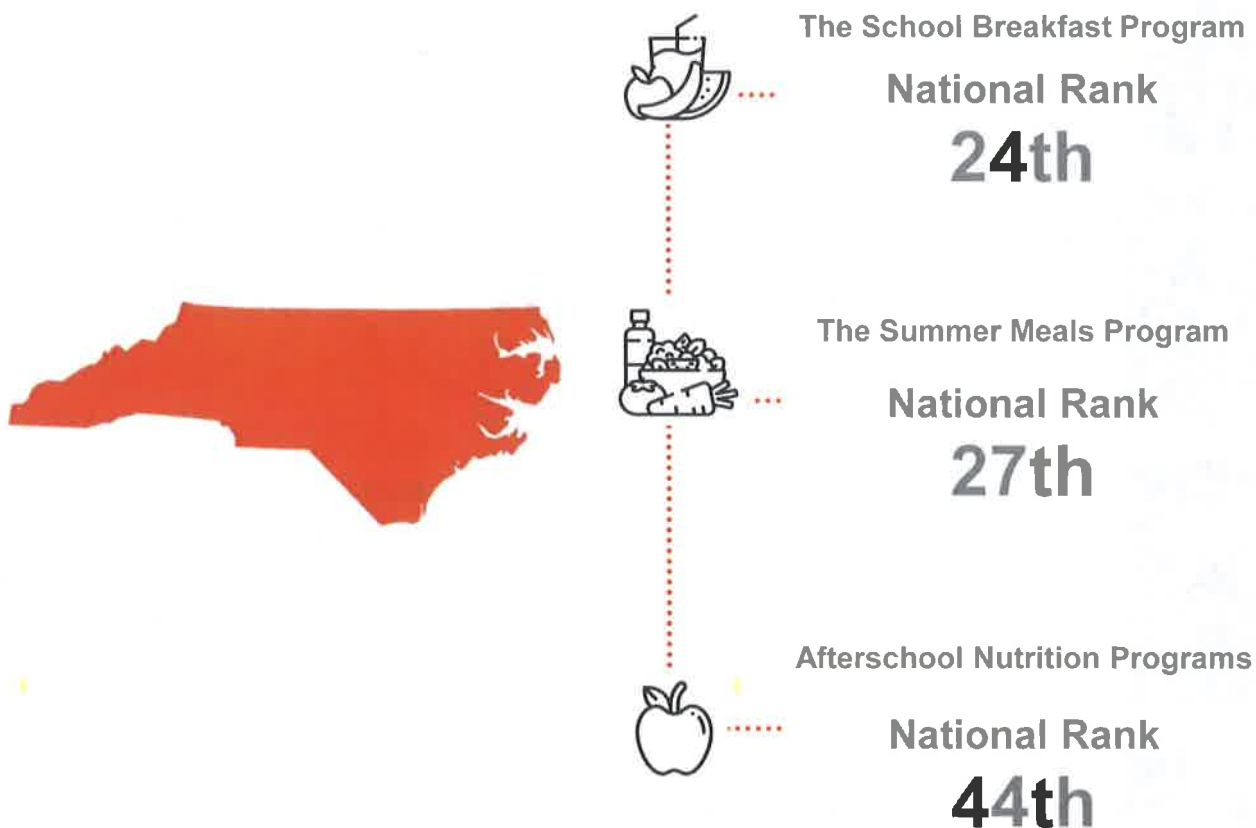


20.9%

of all children in North Carolina live in food-insecure homes.

One out of every five kids in North Carolina is growing up in a family that struggles with hunger. State and federal nutrition programs can help kids get the nutrition they need, but these programs are severely underutilized. Closing the participation gap in these programs can help end childhood hunger and bring new resources into the state.

Participation in National Nutrition Programs*



*Ranked among 50 states and Washington, D.C., with #1 with highest participation rates. Sources listed on final page.

Ending Hunger: Federal Nutrition Programs – State Data



Federal nutrition programs work together to connect children to the nutrition they need. Many of these programs, however, are underutilized. Eliminating barriers and maximizing participation in these programs will help to ensure that more children get the basic nutrition they need to grow up healthy, educated and strong.

School Breakfast

When kids consistently get the morning nutrition they need, it leads to calmer, more focused classrooms where students are better able to learn. The School Breakfast Program is essential for students from low-income families, but can be severely underutilized as transportation, school schedules and stigma can block kids from participating.

BEST PRACTICE: Working with schools to shift the time the meal is served, making it a seamless part of the school day, can help the program reach more of the kids who need it.

In North Carolina, school breakfast only reaches



58%

of students who
may need it.

80K

students are
falling in the gap.

Reaching the desired 70% benchmark would bring
\$23 million in additional federal reimbursement dollars.

Summer Meals

Summer can be the hungriest time of year for many kids from low-income families. Summer meal programs can help kids get the nutrition they need during the summer, but transportation challenges, bureaucratic hurdles and even extreme weather can become barriers to participation.

BEST PRACTICE: Communities can help the program reach more of the kids who need it by raising awareness among eligible families and expanding the number of operational sites. Pilot programs providing eligible families with increased grocery benefits (Summer EBT) have also been successful in reaching kids in need.

In North Carolina, summer meals only reach



14.4%

of students who
may need them.

162K

students are
falling in the gap.

Reaching the desired 40% benchmark would bring
\$13 million in additional federal reimbursement dollars.

Afterschool Meals

Too many kids struggle to have enough to eat between lunch and breakfast the next morning. Afterschool meals help kids get the nutrition they need once the school day ends. Having these meals reimbursed by the USDA also helps schools and community organizations save money and redirect funds into additional programming or staffing.

BEST PRACTICE: Created in 2010, this program is still fairly new. Bringing awareness to families and schools — while providing technical assistance for implementation — can help maximize the program and reach more kids in need.

In North Carolina, afterschool meal programs reach

5.72%

of the potential need.

16M

Additional meals and
snacks needed to
reach the desired 20%
benchmark

Reaching the desired 20% benchmark would bring
as much as **\$55.7 million** in additional federal
reimbursement dollars.

Ending Hunger: Federal Nutrition Programs – National Data



School Lunch

The National School Lunch Program offers free or reduced-price meals to low-income students.

Many low-income families struggle to pay even the reduced-price fee, and stigma stops many from participating in the program. As a result, nearly a million eligible students are missing out and many schools are faced with the time-consuming challenge of collecting fees for unpaid meals.

BEST PRACTICE: High-poverty schools or districts, however, can offer breakfast and lunch at no charge to students through the Community Eligibility Provision, which helps schools reduce both red tape and stigma.

In the 2016-2017 school year, the Community Eligibility Provision helped

20,000 schools

in high-poverty areas cut red tape and reach

10 million students

with the meals they need

SNAP

The Supplemental Nutrition Assistance Program (SNAP) is a powerful tool for ending childhood hunger in the United States, helping to feed nearly 20 million children from low-income homes.

This grocery store benefit, which averages \$1.40 per meal per person, allows families to purchase healthy food and ingredients. It helps end food insecurity, lifts kids out of poverty, and is linked to better physical health and stronger academic success in children.

BEST PRACTICE: Strengthening and protecting SNAP can make sure kids have the food they need to grow up healthy, educated and strong.

78%

of all SNAP households either are working or have worked in the past year.

On average, low-income children participating in SNAP were

18%

more likely to graduate from high school.

WIC

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) assists low-income pregnant and post-partum women, infants and children up to age five with food, nutrition education, breastfeeding support and health care referrals.

The program is linked to a reduction in infant mortality and has led to a 68% reduction in hunger among families with young children.

BEST PRACTICE: Protecting and promoting WIC helps ensure that women and their pre-school age children are able to get the nutrition they need to grow and thrive.

Every month, WIC helps more than

6.9 million

moms and kids nationwide get more of the nutrition they need.

The No Kid Hungry Strategy



No Kid Hungry is focused on closing the gap between kids who have enough to eat and those who don't. Our goal is to ensure kids at risk of hunger have access to food when they need it, regardless of zip code, age, time of year or time of day.

The No Kid Hungry strategy focuses on problem-solving, working with elected officials, business leaders, educators and nonprofits to eliminate the barriers that prevent children from accessing existing nutrition resources.



BUILD CAPACITY THROUGH TARGETED INVESTMENTS

No Kid Hungry brings targeted grants and investments to the state which, combined with private investments and federal reimbursements, can build, sustain and strengthen existing nutrition programs. To date, **No Kid Hungry has invested \$2 million** in solutions that work in North Carolina.



CREATE EFFECTIVE PARTNERSHIPS

No Kid Hungry works with corporate partners like **Citi, Arby's Foundation, Food Network, Walmart Foundation, Amazon and Kellogg's** and strong local partners to build relationships with schools and community leaders to provide better access to the programs that feed kids.



DEVELOP BIPARTISAN POLITICAL PARTNERSHIPS

No Kid Hungry builds **strong, bipartisan support** among elected leaders around streamlined data collection, pragmatic policy actions and collaboration to strengthen child nutrition programs.



BRING RESOURCES AND TECHNICAL ASSISTANCE

No Kid Hungry brings **expertise, best practices, collaborative planning** and **bold strategies** (such as reaching more kids with school breakfast by making it a regular part of the school day) to maximize meal accessibility.



MAXIMIZE PUBLIC AWARENESS AND SUPPORT FOR STRATEGIES

No Kid Hungry enhances **public awareness** of childhood hunger, creating new momentum by celebrating champions, building support for solutions and celebrating successes.

Deep Dive: Child Food Insecurity In North Carolina by County



County	Child food insecurity rate - %
Alamance	21.4%
Alexander	22.3%
Alleghany	24.3%
Anson	23.3%
Ashe	23.2%
Avery	20.9%
Beaufort	20.7%
Bertie	25.2%
Bladen	27.5%
Brunswick	23.6%
Buncombe	19.6%
Burke	23.5%
Cabarrus	17.8%
Caldwell	21.5%
Camden	20.1%
Carteret	20.7%
Caswell	24.1%
Catawba	20.9%

County	Child food insecurity rate - %
Chatham	18.7%
Cherokee	24.1%
Chowan	25.8%
Clay	22.6%
Cleveland	23.6%
Columbus	24.6%
Craven	21.6%
Cumberland	22.1%
Currituck	18.7%
Dare	18.9%
Davidson	21.2%
Davie	20.5%
Duplin	24.8%
Durham	19.6%
Edgecombe	27.9%
Forsyth	21.7%
Franklin	20.0%
Gaston	21.9%

County	Child food insecurity rate - %
Gates	20.5%
Graham	24.6%
Granville	19.8%
Greene	22.9%
Guilford	21.0%
Halifax	26.8%
Harnett	21.1%
Haywood	23.1%
Henderson	19.0%
Hertford	25.0%
Hoke	23.1%
Hyde	25.3%
Iredell	19.4%
Jackson	24.6%
Johnston	19.4%
Jones	27.2%
Lee	21.2%
Lenoir	24.6%

Deep Dive: Child Food Insecurity In North Carolina by County



County	Child food insecurity rate - %
Lincoln	20.4%
McDowell	23.5%
Macon	24.2%
Madison	21.8%
Martin	23.5%
Mecklenburg	18.2%
Mitchell	23.5%
Montgomery	22.7%
Moore	21.0%
Nash	21.9%
New Hanover	20.3%
Northampton	30.2%
Onslow	20.4%
Orange	16.1%
Pamlico	23.0%
Pasquotank	22.5%
Pender	21.4%
Perquimans	23.7%

County	Child food insecurity rate - %
Person	22.3%
Pitt	21.9%
Polk	22.2%
Randolph	21.6%
Richmond	27.0%
Robeson	28.7%
Rockingham	23.1%
Rowan	22.6%
Rutherford	24.2%
Sampson	23.3%
Scotland	30.6%
Stanly	21.8%
Stokes	21.3%
Surry	21.2%
Swain	27.6%
Transylvania	23.4%
Tyrrell	27.9%
Union	16.5%

County	Child food insecurity rate - %
Vance	25.8%
Wake	16.5%
Warren	25.1%
Washington	27.4%
Watauga	21.5%
Wayne	24.1%
Wilkes	23.0%
Wilson	26.8%
Yadkin	22.2%
Yancey	23.4%
State Total	20.9%

FEEDING HUNGRY CHILDREN

No Kid Hungry Campaign Contacts

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Source Material

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No Kid Hungry Center for Best Practices: School Breakfast

- <http://bestpractices.nokidhungry.org/policy-and-advocacy/school-breakfast>

No Kid Hungry Center for Best Practices: Summer Meals

- <http://bestpractices.nokidhungry.org/programs/summer-meals>

No Kid Hungry Center for Best Practices: Afterschool Meals

- <http://bestpractices.nokidhungry.org/programs/afterschool-meals>

Food Insecurity and Participation

- [FRAC School Breakfast Scorecard, 2017-2018](#)
- [FRAC Summer Nutrition Status Report, June 2019](#)
- [No Kid Hungry Afterschool Meals data, January 2019](#)
- [Feeding America Map the Meal Gap 2016](#)
- [White House, Long-term Benefits Of The Supplemental Nutrition Assistance Program, 2015](#)
- [USDA, WIC National Level Annual Survey, 2018](#)
- [FRAC, Quick Facts: Community Eligibility in the 2016-2017 School Year](#)
- [Census, 2013-2017 American Community Survey 5-Year Estimates, 2017 Version](#)



About No Kid Hungry

No child should go hungry in America. But 1 in 7 kids will face hunger this year. No Kid Hungry is ending childhood hunger through effective programs that provide kids with the food they need. This is a problem we know how to solve. No Kid Hungry is a campaign of Share Our Strength, an organization working to end hunger and poverty.