

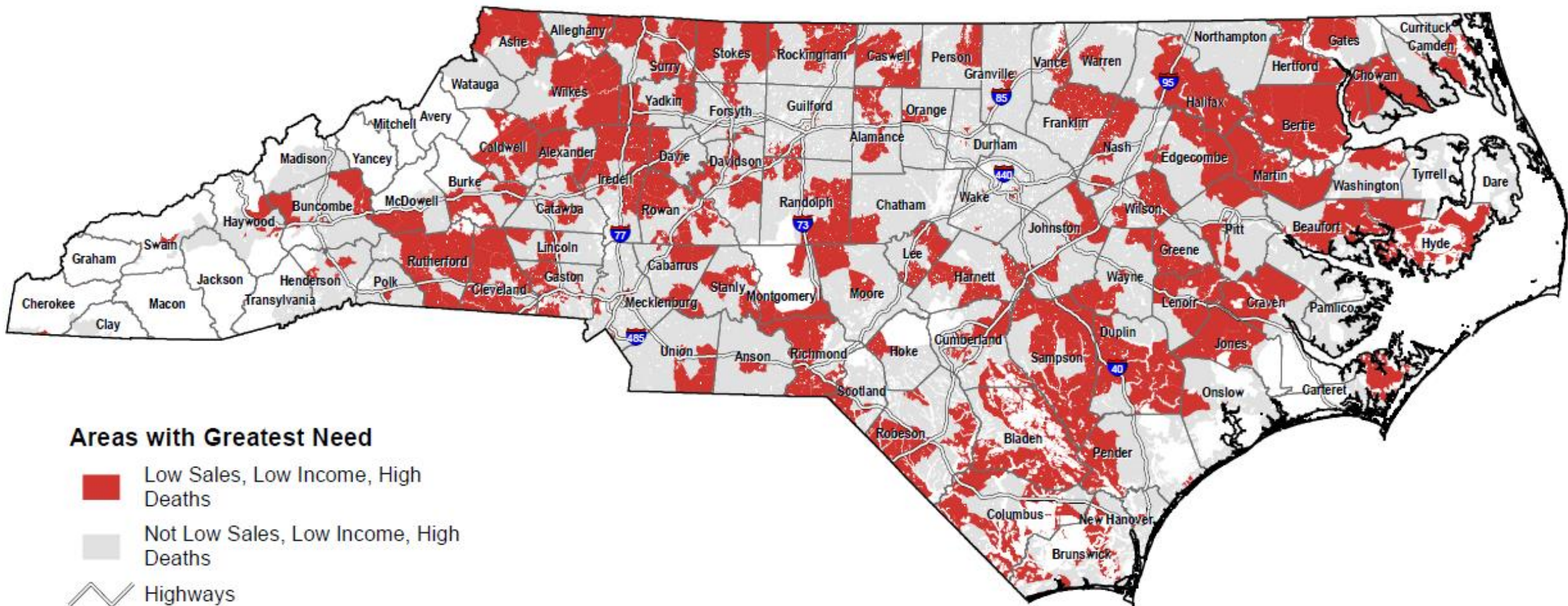


# NORTH CAROLINA ALLIANCE FOR HEALTH

FARMS FOR SCHOOL MEALS

# FOOD INSECURITY IN NORTH CAROLINA

- Food insecurity – Lacking access to a sufficient quantity of nutritious, affordable food
- More than 1.5 million North Carolinians, including more than 500,000 children, are food insecure.



### Areas with Greatest Need

- Low Sales, Low Income, High Deaths
- Not Low Sales, Low Income, High Deaths
- Highways
- Counties
- Park, Forest or Non-Residential

## FOOD INSECURITY, CVD, AND STROKE

- Diet plays a crucial role in preventing cardiovascular disease (CVD) – a poor diet is a significant risk factor for heart disease.
- Eating a healthy diet is the first item on the Centers for Disease Control’s heart disease prevention “to do” list.
- North Carolinians have higher rates of heart disease compared to the rest of the country (4.1% for females compared to 3.4% nationwide, and 7.4% for males compared to 5.2% nationwide).
- Eating healthy foods as a child decreases the risk of heart health problems later in life.

# SCHOOL NUTRITION PROGRAMS IN NORTH CAROLINA

- More than 1.1 million children participate in school nutrition programs every day in North Carolina.
- Many students rely on school meals for their nutrition.
- Nearly 60% of children participating in North Carolina's school meal programs qualify for free- or reduced-price lunch.
- School nutrition programs currently have only about \$1 to spend on ingredients per day per meal.

# FARMS FOR SCHOOL MEALS PROPOSAL

- Goal – Increase funds available for school nutrition programs to purchase healthy, local products, thereby increasing the amount of healthy, local foods students consume during the school day.
- Funding request - \$10.7 million

# BENEFITS OF FARMS FOR SCHOOL MEALS

- Public health
  - More students will eat healthy school meals, thereby reducing their risk for CVD and other health problems related to poor nutrition later in life.
- Economic development
  - Every \$1 spent through FARMs for School Meals would generate more than \$2 in economic activity.
  - For every job created through local school food purchases, 2.61 jobs are created in the local economy.
- Education
  - Kids who eat better do better in school.



# NORTH CAROLINA ALLIANCE FOR HEALTH

Morgan Wittman Gramann, ESQ  
Executive Director  
[morgan@ncallianceforhealth.org](mailto:morgan@ncallianceforhealth.org)



[www.ncallianceforhealth.org](http://www.ncallianceforhealth.org)



North Carolina Alliance for Health



@NCAlliance4Hlth