Centering Women: A Gendered Perspective to Ending Hunger & Food Insecurity

In the United States, food insecurity is disproportionately experienced by single women, in particular Black, Indigenous, and Latinx women.

**Mothers of Children Who Face Hunger Are More Likely to:**

- Risk their own health to better feed their children*
- Experience chronic stress** and are generally at a higher risk for physical and mental health issues***

**Childhood Hunger in NM**

- 25% OF CHILDREN IN NM ARE FOOD INSECURE - THAT'S 1 IN EVERY 4 CHILDREN (OR 125,210 CHILDREN) WHO ARE UNSURE WHERE THEIR NEXT MEAL IS COMING FROM.
- APPROXIMATELY 75% OF CHILDREN IN NM ARE INCOME-ELIGIBLE FOR NUTRITION PROGRAMS (INCOMES AT OR BELOW 185% OF POVERTY LINE).

- From Map the Meal Gap's 2018 Key Findings on Child Food Insecurity.

**What After School and OST Programs Can Do to Center Women in the Fight Against Childhood Hunger**

- By administering afterschool and summer meal/snack programs, children can be provided with the nutritious food they need. At the same time, these programs provide mothers, and in particular single mothers, with more resources and time they can reserve for themselves. Through federal funding from the At-Risk portion of the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP), afterschool and other out-of-school time programs can close the meal gap and qualify for a 100% reimbursement on meals served to children during out-of-school time hours. Strengthening these programs means relieving some of the disproportionate burden placed on women to provide food for their families on household and community levels and provides much-needed childcare.


Contact Information:
- Kaski Suzuki
- Phone: (505) 879-8829
- Email: ksuzuki@explora.us