



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***

WHAT AFTERSCHOOL AND OST PROGRAMS CAN DO TO CENTER WOMEN IN THE FIGHT AGAINST CHILDHOOD HUNGER



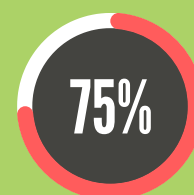
ONLY **ONE** AFTERSCHOOL MEAL OR SNACK IS SERVED FOR EVERY **EIGHT** FREE OR REDUCED-PRICE SCHOOL LUNCHES.***

CHILDHOOD HUNGER IN NM

NEW MEXICO RANKS THE HIGHEST AMONGST ALL OTHER STATES IN THE US IN TERMS OF CHILDREN WHO ARE FOOD INSECURE



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 THE POVERTY LINE).

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

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:

- fay Schwieger
Phone: (505) 234-2902 Email: fschwieger@nmost.org



*McIntyre, Lynn N., Theresa Glanville, Kim D. Raine, Jutta B. Dayle, Bonnie Anderson, and Noreen Battaglia. 2003. Do Low-Income Lone Mothers Compromise Their Nutrition To Feed Their Children? Canadian Medical Association Journal 168(6):686-691. **Maynard, M., Andrade, L., Packull-McCormick, S., Perlman, C. M., Leos-Toro, C., & Kirkpatrick, S. I. (2018). Food Insecurity and Mental Health among Females in High-Income Countries. International journal of environmental research and public health, 15(7): 1424. ***Patel, Vikram, and Arthur Kleinman. (2003). Poverty and Common Mental Disorders in Developing Countries. Bulletin of the World Health Organization 81(8):609-615; Zekerj AA. Household food insecurity and depression among single mothers in Rural Alabama. Journal of Rural Social Sciences. 2010;25(1):90-102.