



**NEW MEXICO**  
Association of Food Banks

# HUNGER IN NEW MEXICO

## DEFINITIONS

### FOOD BANK:

A charitable organization that solicits, receives, inventories, and distributes donated food and grocery products pursuant to industry and appropriate regulatory standards. The products are distributed to charitable human-service agencies, which provide the products directly to clients through various programs.

### AGENCY:

A charitable organization that provides food supplied by a food bank or food-rescue organization directly to clients in need through various types of programs.

### FOOD INSECURITY:

USDA's measure of lack of access, at times, to enough food for an active, healthy life for all household members; limited or uncertain availability of nutritionally adequate foods.

## HUNGER IN NEW MEXICO

Hunger is a constant in the lives of many New Mexicans. Every day, thousands of people around the state struggle to put food on their tables. Those people look to member food banks of the **New Mexico Association of Food Banks (NMAFB)** and their statewide network of partner agencies for assistance.

### HOW WE WORK



#### Donors / Supporters:

Growers • Processors • Restaurants • Manufacturers • Distributors • Retailers • Convenience Stores • Wholesalers • Food Industry Associations • Food Service Operators • Food Drives • USDA • New Mexico Human Services Department • Feeding America



#### New Mexico Association of Food Banks & Our Member Food Banks:

Distribute food to all 33 counties in New Mexico through our network of more than 500 agencies



#### Agencies:

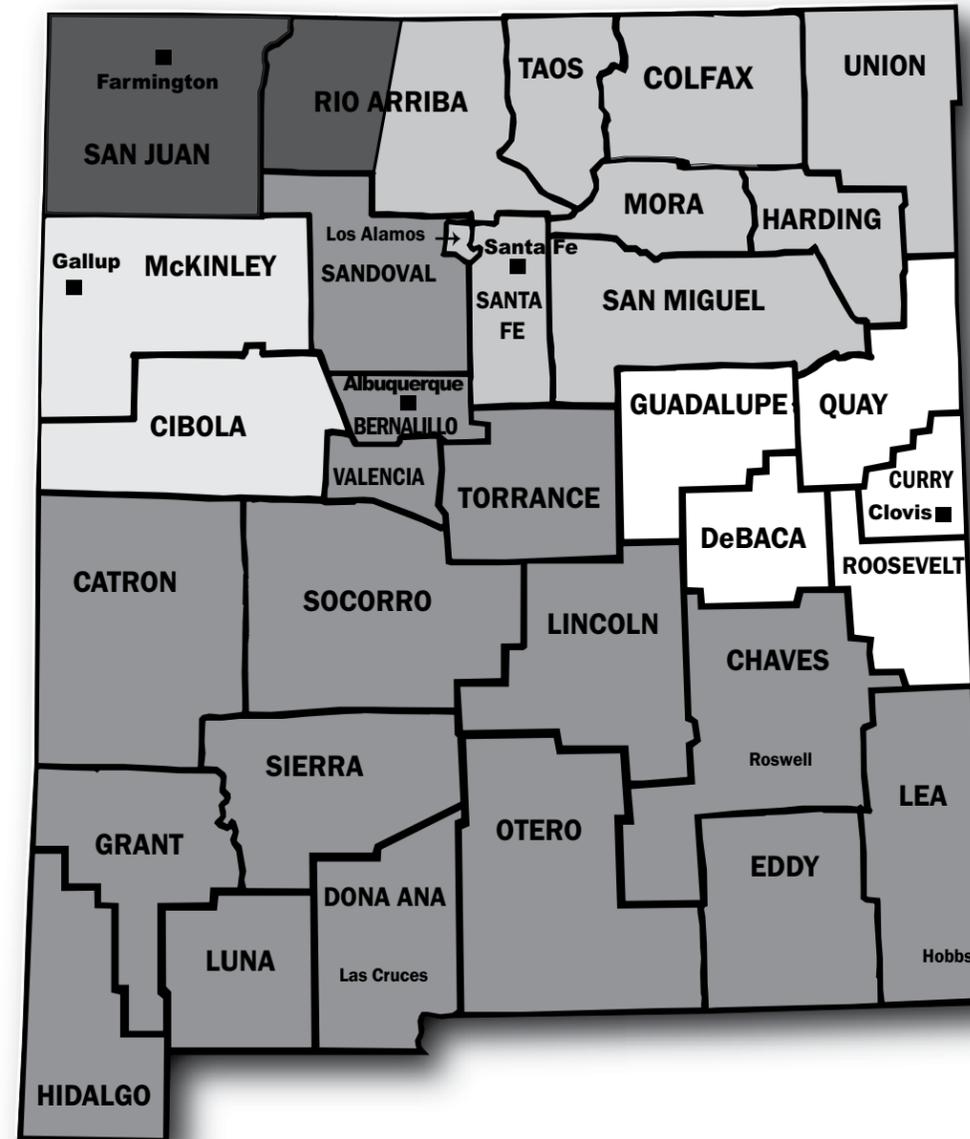
Food Pantries • Youth Programs • Soup Kitchens • Senior Centers • Day Care Centers • Rehabilitation Centers • Homeless Shelters • Domestic Violence Shelters • Mobile Pantries • Residential Shelters • Other Charitable Organizations



#### 70,000 Hungry New Mexicans Seek Food Assistance Every Week:

Working Poor • Children • Single Parent Families • Elderly • Underemployed • Newly Unemployed • Mentally Ill • Physically Disabled • People in Poor Health • Homeless • Victims of Disaster

## FOOD BANK SERVICE AREAS



### The Community Pantry

(Gallup)  
PO Box 520  
Gallup, NM 87305-0520  
505-726-8068  
505-726-9022 (fax)  
thecommunitypantry.org

### ECHO, Inc.

(Farmington)  
401 S. Commercial  
Farmington, NM 87401  
505-325-8222  
505-324-6502 (fax)  
echoinc.org

### Food Bank of Eastern NM

(Clovis)  
2217 E. Brady  
Clovis, NM 88101  
575-763-6130  
575-763-2240 (fax)  
fbenm.org

### The Food Depot

(Santa Fe)  
1222 A Siler Rd.  
Santa Fe, NM 87507  
505-471-1633  
505-471-2025 (fax)  
thefooddepot.org

### Roadrunner Food Bank

(Albuquerque & Las Cruces)  
5840 Office Blvd. NE  
Albuquerque, NM 87109  
505-247-2052  
505-242-6471 (fax)  
rrfb.org



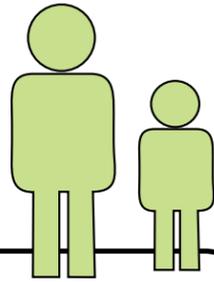
## FOOD IS THE FUEL FOR SUCCESS

Michael was a struggling elementary student. His teacher discovered that his mom worked nights, and frequently her schedule made it difficult for her to provide Michael with dinner or breakfast. Her work schedule also meant that Michael could not get to school in time to take advantage of the free breakfast program. His teacher enrolled Michael in a **backpack food program** and allowed him to eat in the classroom when he arrived at school. Those actions have allowed Michael to thrive, and he is on his way to becoming an excellent student.

**30 – 40% of the clients served by New Mexico food banks are children under the age of 18**

## HUNGER ISN'T BLACK & WHITE...

According to the *2014 New Mexico Hunger Study*, **70,000 hungry New Mexicans** seek food assistance every week. Among them are children, adults, seniors and rural communities.



### Who is hungry in New Mexico?

- 30–40% of Mobile Food Pantry recipients are children
- 21% of those we help are seniors

### What are some of the difficult choices?

- 61% report choosing between paying utilities or buying food (33% of this group is forced to make this tough choice every month)
- 48% report choosing between paying their rent or mortgage or buying food (19% of this group is forced to make this tough choice every month)
- 59% report choosing between paying for medicine or medical care or buying food at least once in the past 12 months
- 44% of hungry households said they have medical bills to pay
- 75% report purchasing inexpensive, unhealthy food as the most common way to have at least some food at home to eat

### Does hunger only affect the homeless?

- 89% have permanent housing, such as a home or an apartment
- 89% of hungry households have an annual income of less than \$20,000 annually
- 53% of hungry households include at least one person who has worked in past 12 months

## AND NEITHER ARE THE SOLUTIONS!

The New Mexico Association of Food Banks and its partner agencies use a number of programs to address the issue of hunger around the state:

**The Fresh Produce Initiative** – Using our national network of producers, growers, and distributors we are able to source and distribute more than 10 million pounds of fresh produce annually.

**Childhood Hunger Initiatives** – With approximately 30% of the children in our state facing hunger, our member food banks and agencies use a variety of approaches to provide food to children across the state.

- **Backpack Food Programs**
- **School Pantries**
- **Mobile Pantries**
- **Summer Mobile Pantries**

**Senior Feeding Programs** – Whether it's partnering with local feeding agencies and programs to provide meals or distributing Senior Helping Boxes, our member food banks are working to meet the needs of the thousands of seniors that seek food assistance every month.

**Mobile Pantries** – New Mexico faces the dual challenge of being a large state and having many rural communities with limited access to food and services. Mobile pantries address those challenges and provide food assistance to every county in the state.

**Disaster Relief** – Food banks and emergency food programs and agencies around the state provide food, water and other supplies and services in domestic relief situations.

**Advocacy** – NMAFB and our member food banks work at every level (local, state and federal) to ensure that policy makers are aware of current issues around hunger and the potential impact of policy decisions on New Mexicans dealing with poverty and hunger.

To learn more about our programs, visit our website [www.nmfoodbanks.org](http://www.nmfoodbanks.org), or contact our member food banks.

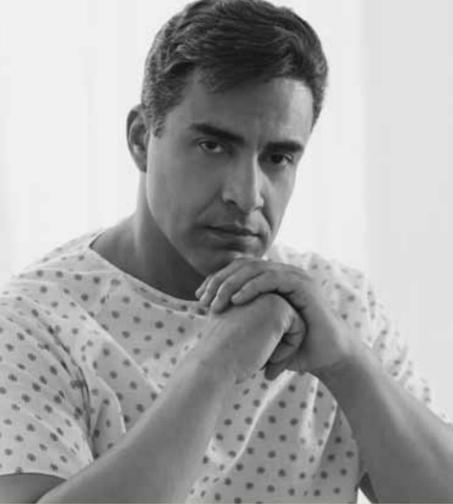


## A SENIOR IN NEED

Rita lives in a low-income senior housing site. She worked her entire life, but a divorce later in life left her without many resources. Much of what she saved for her retirement years is gone, and her Social Security is not enough to get through every month.

Thanks to the **Senior Helpings** food box that she receives, Rita now has a reliable source of food every month.

**21% of those in need of emergency food assistance in New Mexico are seniors over the age of 60**



## HUNGER & HEALTH

Hunger leads to physical, psychological and cognitive effects that have consequences for adults and children in New Mexico. The impact of hunger on general health can be devastating and has long term consequences both for the individual and for society. Food insecure individuals are more likely to experience colds, stomach aches and migraines and suffer from generally poorer health than food secure individuals.\*

### A GIFT OF HOPE

David worked as a fire fighter, but when he broke his back on the job, he became reliant on a monthly disability check. David said he was frequently out of food by the 15th of the month. Fortunately, there is a **Mobile Food Pantry** in his neighborhood that allowed him to have enough food until he could get off of disability and get back to work full time.

**Almost 20% of people seeking food assistance said that they were in poor health or dealing with a medical issue**

INCREASED ODDS OF NEGATIVE OUTCOMES FROM HUNGER		
Condition	Times More Likely If Food Insecure	Population Affected
Poor Health	2.9	Everyone
Migraine	1.95	Everyone
Stomach Aches	2.61	Everyone
Colds	1.33	Everyone
Hospitalizations	1.3	Everyone
Iron Deficiency	1.44	Everyone
Obesity	2.45	Women
Diabetes*	2.1	Everyone
Depression	1.87	Adults
Anxiety	2.14	Adults
Underweight Births	1.81	Newborns
Needs a Psychologist	2	Children
Needs Counseling	4	Children
ADHD	1.9	Children
Repeat a Grade	2	Children
School Suspension	3	Children
Suicide	5	Teens

\* Source – Hunger Free Minnesota Cost/Benefit Hunger Impact Study (2010)

New Mexico food banks are working with healthcare providers around the state to address the issue of hunger and health. For more information about hunger and health initiatives, contact us at [www.nmfoodbanks.org](http://www.nmfoodbanks.org).

## HOW YOU CAN HELP

Working together, we can close the gap on hunger in New Mexico. Below are some of the ways you can get involved to end hunger.

### EDUCATE

Educate yourself and others about hunger. Tour your local food bank or pantry. Invite your local food bank representative to give a presentation about hunger at your organization, workplace, school or place of worship. Send a letter to the editor of your local paper. Develop financial and budget management courses for people with limited resources.

### VOLUNTEER

Volunteer at your local food bank, soup kitchen or food pantry. Volunteer to help low-income people fill out Supplemental Nutrition Assistance Program (SNAP) applications. Lend your professional expertise to your food bank or community agency. Help your elderly neighbors with transportation or food shopping. Volunteer to teach cooking, shopping or nutrition classes.

### DONATE

Donate money to your local food bank or hunger relief agency. Donate needed food items to a food bank, food pantry, or soup kitchen. Organize a food and fund drive at your place of employment, civic organization or place of worship. Plant an extra row in your garden, or harvest extra fruit from your trees, and donate the produce to a local food pantry. To donate, contact the New Mexico Association of Food Banks or your local food bank.

### SUPPORT

Support your local farmers by shopping at the farmers market. Support community agencies. Organize a community garden so neighbors can grow their own food.

### ADVOCATE

Advocate in matters of public policy that impact poverty and access to food. Call your elected representatives and express your support for improved food assistance programs. Visit your elected representatives to discuss food policies, hunger and nutrition issues.

For more information about hunger in New Mexico, visit [www.nmfoodbanks.org](http://www.nmfoodbanks.org)



#### Myth

Hunger is about food.

#### Fact

Hunger in New Mexico is about jobs and wages.

#### Myth

People seeking food assistance are homeless or out of work.

#### Fact

53% of households seeking food assistance include at least one employed adult. Only 11% of the people are homeless.

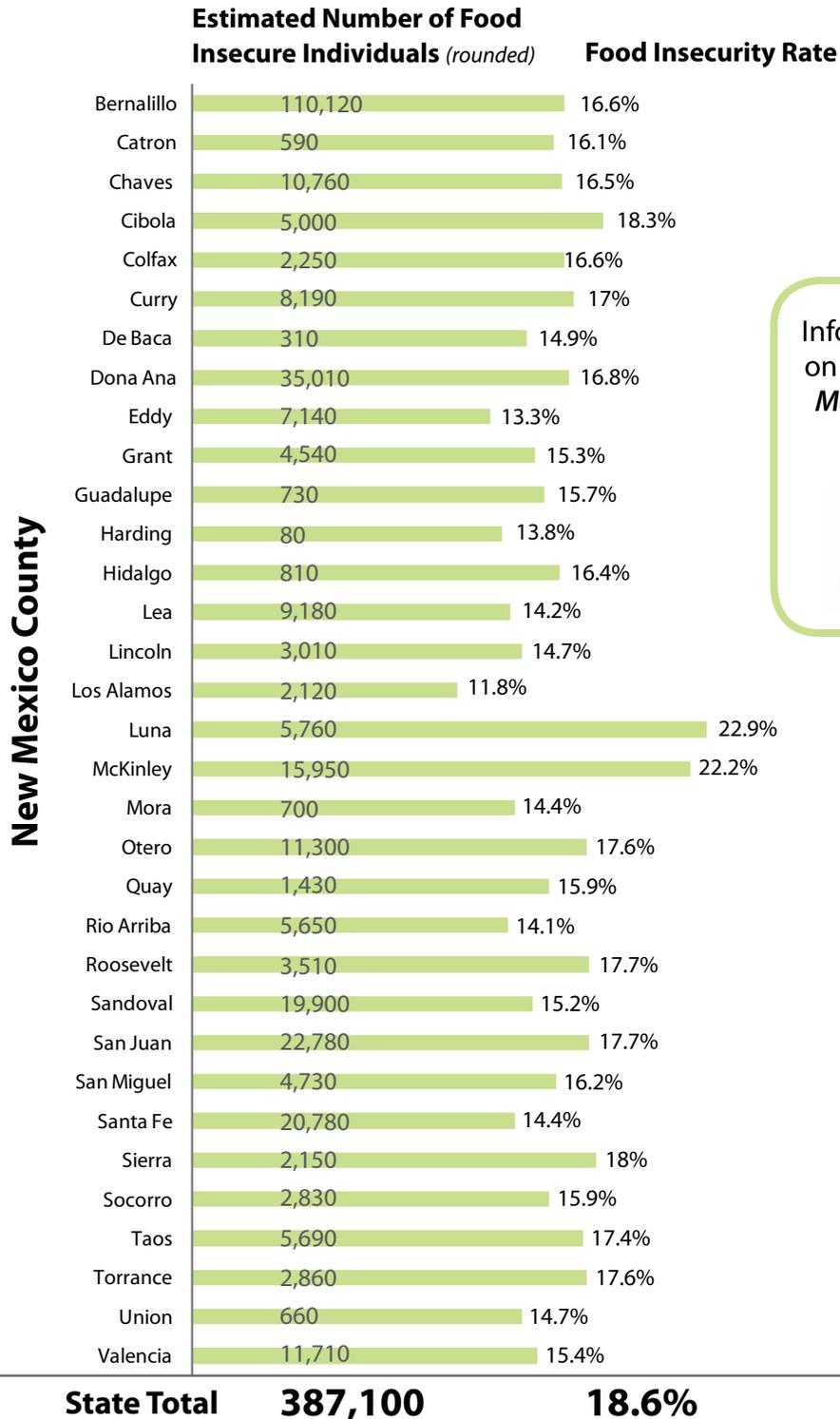
#### Myth

Hunger doesn't impact me.

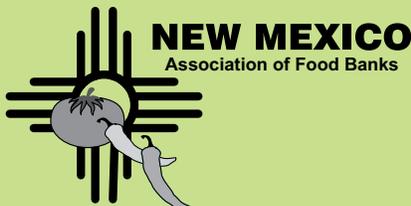
#### Fact

Whether it's reduced productivity at work or demands on the healthcare system, hunger impacts every New Mexican.

# NEW MEXICO HUNGER RATES



Information is based on Feeding America *Map the Meal Gap 2014*



5840 Office Blvd NE  
 Albuquerque, NM 87109  
 (505)217-1066  
[www.nmfoodbanks.org](http://www.nmfoodbanks.org)