



HUNGER-FREE COMMUNITIES:



healthier

- 1 Hungry individuals are 2.9 times more likely to be in poor health
- 2 Hungry children are likely to be sick more often, recover from illness more slowly, and be hospitalized more frequently
- 3 Hunger costs the U.S. economy an estimated \$160 billion each year, due to poor health outcomes and additional health care

safer



- 4 There is an established strong link between childhood hunger and violence later in life
- 5 Access to SNAP may significantly reduce the risk of recidivism for newly released people with drug offense convictions



stronger

- 6 Undernourished kids under 3 are less likely to learn as much, as fast, or as well as adequately nourished children
- 7 Lack of enough healthy food can impair a child's ability to concentrate and perform well in school
- 8 Children with access to SNAP have an 18% higher high school completion rate compared with similar children without access to the program

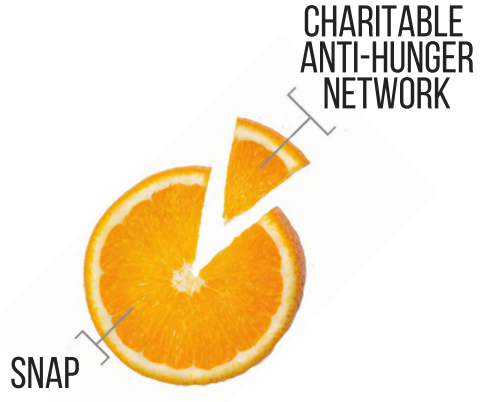
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CHARITY ALONE WILL NOT END HUNGER.

In partnership with our coalition members, government food assistance programs play a critical role in making sure Alaskans get enough food to feed their families. For example, **for every meal provided by the anti-hunger network, the Supplemental Nutrition Assistance Program (SNAP) provides 12 meals.** Alaska's anti-hunger network plays an important role in addressing hunger, particularly in emergency situations, but we cannot do it alone. Feeding hungry Alaskans is, and should continue to be, an important public-private partnership.



HUNGER DOES NOT EXIST IN A VACUUM.

Households facing hunger are also often struggling to meet other basic needs, such as paying for utilities, housing, education, transportation, and medical care. Having to make the impossible choice between paying for food or another basic need, especially medical care, can leave someone with a chronic, diet-related disease without the proper resources to manage their disease. To truly address hunger, we must also address its underlying causes and co-impacts.

WHAT YOU CAN DO

Alleviating hunger takes non-profits, state agencies, faith-based organizations, tribal governments, and other stakeholders, including elected officials. Here are some basic things elected officials can do to fight hunger:

- 1 LEARN MORE.** Continue to educate yourself on the issue of hunger by visiting one of your local anti-hunger agencies. Please consider the Alaska Food Coalition and our members important resources for you on food, hunger, and poverty issues.
- 2 SUPPORT ALASKA'S ANTI-HUNGER NETWORK.** Addressing food insecurity means supporting the boots-on-the-ground programs that feed hungry Alaskans, through both funding and positive public health policies.
- 3 PROTECT AND STRENGTHEN BASIC NEEDS PROGRAMS.** Cuts to programs like SNAP, Senior Benefits, Medicaid, and many more, hurt Alaskan families and communities. Supporting the needs of all Alaskans allows our State to thrive.

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