

NH HUNGER SOLUTIONS

ENDING HUNGER IN NEW HAMPSHIRE

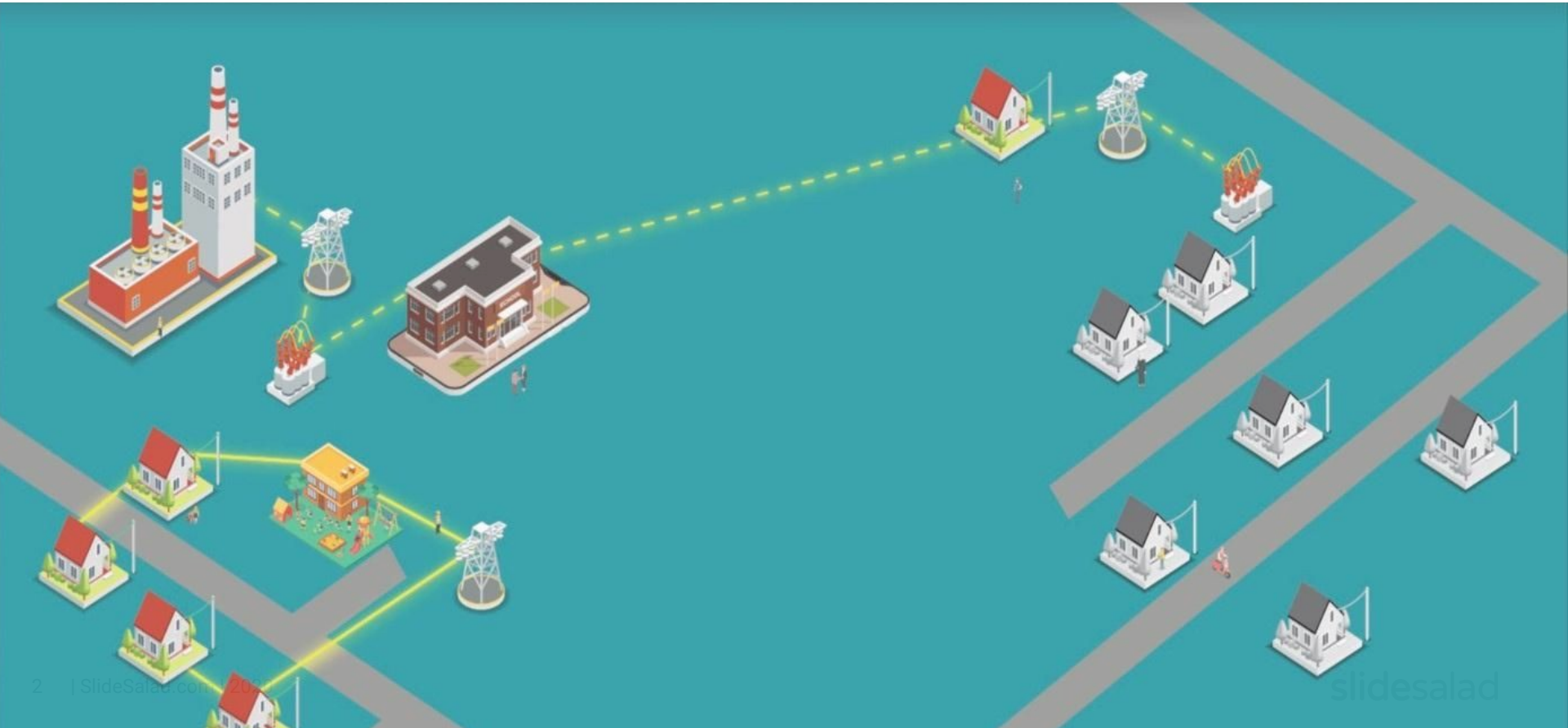
Solving Hunger in the Granite State

Laura Milliken, Executive Director

Brodie Deshaies, Communications & Policy Manager



Our system of food and nutrition supports is like a power grid that moves healthy food through communities. In New Hampshire, the grid is well developed in some areas and patchy or non-existent in others



Where are the weak connections?

Nationally, we are...

- 47th in school breakfast
- 39th in SNAP
- 35th in the summer meals program (Sun Meals)
- ...and WIC serves only 54% of those eligible





Food insecurity has increased in recent months

- As of June 24, 2024, 46% of New Hampshire children and 45% of adults lived in households that reported having insufficient food.
- Also, 32% of older adults in New Hampshire reported not having sufficient food (97,751 adults ages 65+)

The charitable sector can't solve hunger alone.



1 in 9 For every one meal that Feeding America provides, SNAP provides 9 meals.

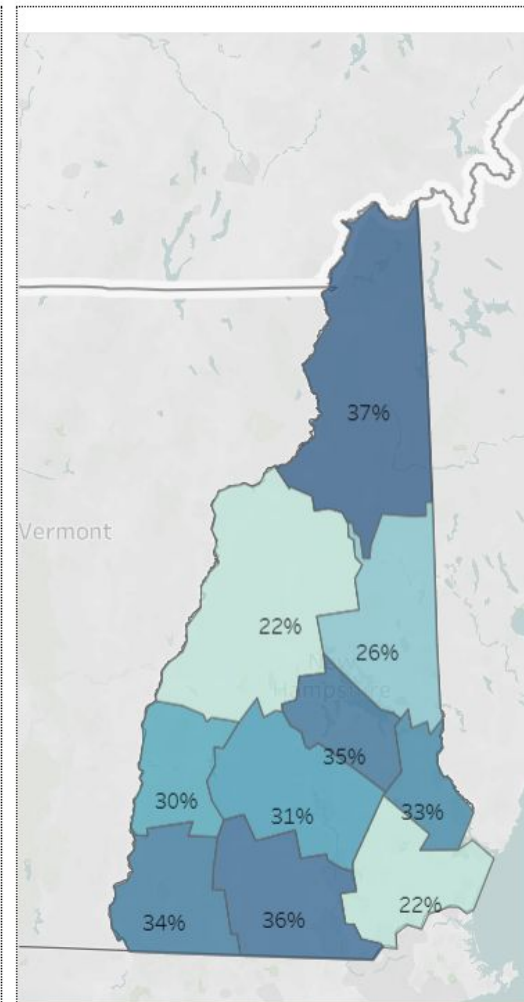
The Feeding America network of 200 food banks provides over 4 billion meals a year to help the more than 37 million food insecure people in the United States. Alone this won't solve food insecurity. **SNAP** is a critical piece in assuring families have enough resources to put food on the table. It takes a partnership with federal nutrition programs like **SNAP** to ensure families are able to put nutritious food on the table.



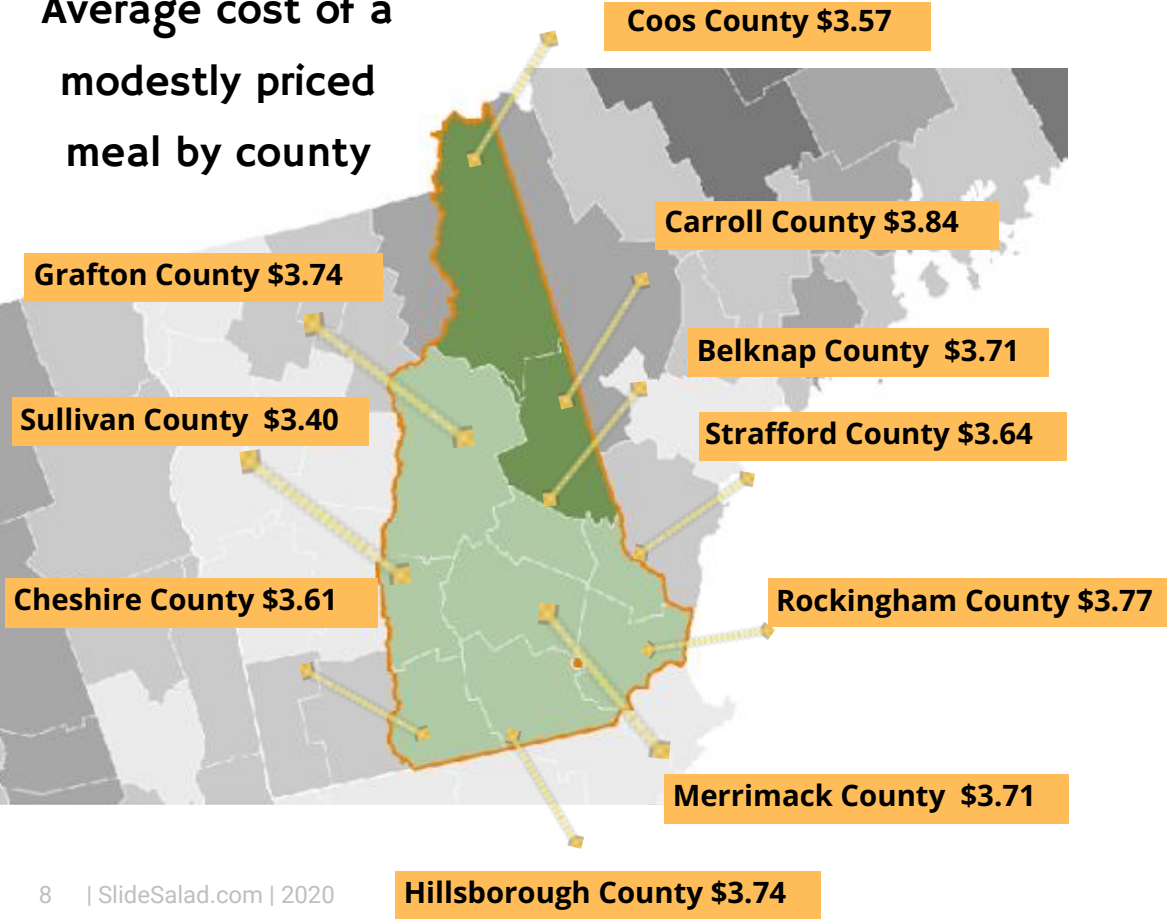
SNAP in New Hampshire

SNAP Participation By County

County	Estimate of SNAP eligible population	Enrolled population	Percent of eligible population enrolled
Statewide	249,308	77,163	31%
Belknap	12,938	4,568	35%
Carroll	11,102	2,875	26%
Cheshire	16,042	5,530	34%
Coos	9,456	3,536	37%
Grafton	20,859	4,568	22%
Hillsborough	73,211	26,437	36%
Merrimack	28,078	8,601	31%
Rockingham	39,388	8,726	22%
Strafford	25,378	8,430	33%
Sullivan	12,856	3,797	30%



Average cost of a modestly priced meal by county



SNAP benefits don't cover the average cost of a meal in any county in NH

SNAP Average Benefit Per Meal: \$2.93

SNAP Helps NH Residents and Stimulates the Economy

\$1 in SNAP benefits can generate more than \$1.50 in economic activity.





Apply for SNAP benefits today!

- [APPLY ONLINE VIA NH DHHS](#)
- To learn more about SNAP, visit: dhhs.nh.gov/snap

Have questions or need help applying?

The SNAP team here at the NH Food Bank is here to help. Call us at: 1-877-347-7627

For questions about your current SNAP case, call the NH Department of Health and Human Services at 1-844-275-3447. SNAP is a federal program of the USDA and administered by the New Hampshire Department of Health and Human Services



School Meals in New Hampshire

National School Lunch and Breakfast Programs

- Almost every school district participates in both programs, but not all
- National School Lunch Program
 - A federally funded meal program operating in public and nonprofit private schools and residential child care institutions
 - Provides nutritionally balanced, low-cost or no-cost lunches to children each school day
- School Breakfast Program
 - A federally funded meal program operating in public and nonprofit private schools and residential child care institutions
 - Provides healthy breakfasts to children, typically before the school day starts
 - In NH, all students who qualify for the free or reduced price school breakfast receive breakfast for free

Free and Reduced Price (F/R) School Meals

- Applications
 - Schools send school meal applications at the beginning of each school year but they can be filled out any time during the school year
 - Additional state aid is provided to school districts for every student enrolled in F/R school meals by October 15th of each year
- Qualifications
 - Children in households with incomes up to 130% of the Federal Poverty Level qualify for free school lunches
 - Children in households with incomes from 130% to 185% of the Federal Poverty Level qualify for reduced price school lunches
 - In NH, children in households with incomes up to 185% of the Federal Poverty Level qualify for free school breakfast

Direct Certification through SNAP, TANF, etc

- Any child in a household that participates in...
 - SNAP (food stamps)
 - TANF (Temporary Assistance for Needy Families)
- or children who are...
 - Migrant
 - Homeless
 - In foster care or Head Start
- are categorically eligible for free meals at school
- Children who are categorically eligible for free meals can be directly certified without submitting a school meal application

**NH students are
under-enrolled in SNAP and
Free & Reduced Price
School Meals**



NH also needs to
increase school
breakfast participation

Current rate:

**Only 46% of those who receive
free and reduced price lunch are
participating in school breakfast**

Benefits of Breakfast

- Fewer school nurse visits related to hunger
- Fewer behavior issues
- Reduced rates of obesity and chronic disease, even into adulthood
- Higher test scores
- Higher graduation rates





Breakfast After the Bell

- Evidence-based method of increasing breakfast participation
- Makes breakfast a part of the school day
- Reduces stigma because all children can eat (no one knows whose breakfast is free/reduced/paid)
- Several approaches:
 - Grab and go carts
 - Breakfast in the classroom
 - Healthy breakfast vending machines

School Breakfast Challenge

- NHHS is working with schools to help them increase breakfast participation
- The school with the highest increased participation is celebrated at an event with press coverage
- Grants and support are available through [NE Dairy Council and UNH Cooperative Extension](#)

SCHOOL BREAKFAST CHALLENGE 2023

BEGINS SEPTEMBER 5TH

DID YOU KNOW
KIDS WHO EAT BREAKFAST AT SCHOOL HAVE BETTER GRADES, MORE FOCUS IN CLASS, HAVE LESS VISITS TO NURSE AND BETTER HEALTH?

OH NO!!
NH IS 47TH OUT OF THE 50 STATES FOR FEEDING KIDS SCHOOL BREAKFAST.

GET STARTED

1. Pick a Breakfast Hero Tier
2. Schedule a Presentation
3. Join the Challenge

LEARN MORE

BE A SCHOOL BREAKFAST HERO!

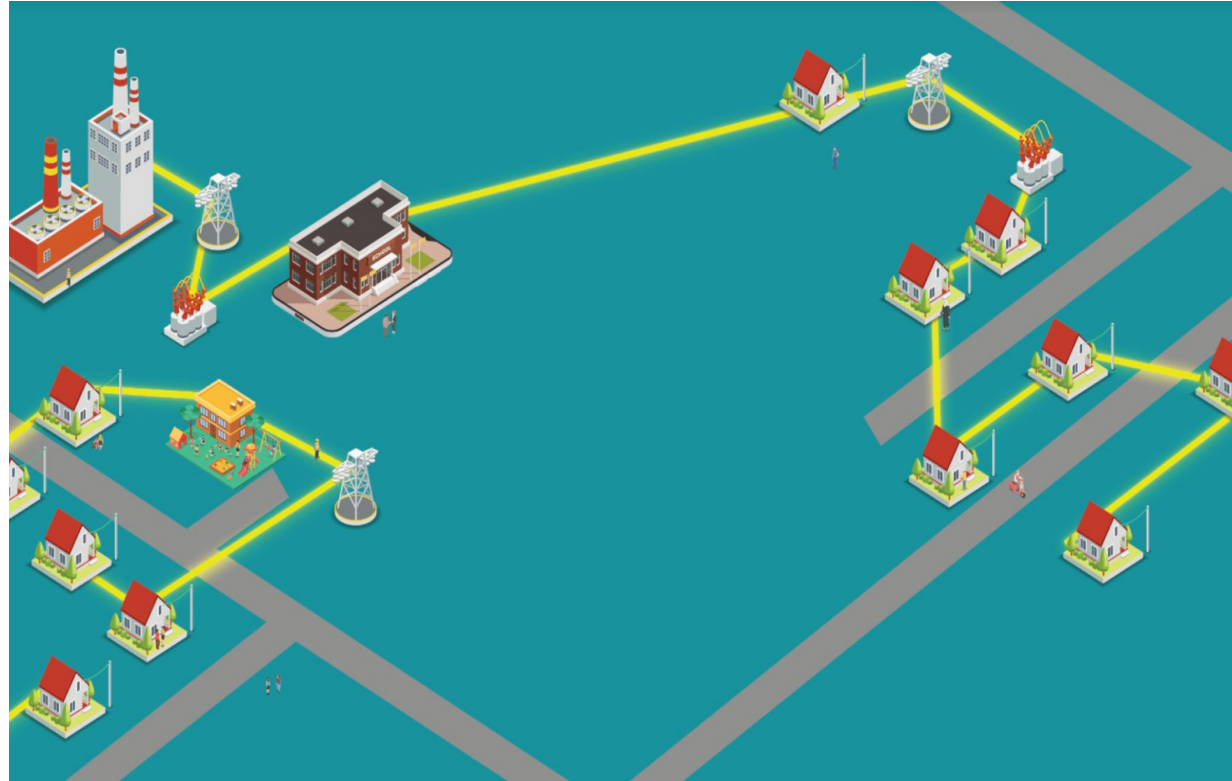
NH HUNGER SOLUTIONS
ENDING HUNGER IN NEW HAMPSHIRE

@EndHungerNH
@EndHungerNH
@NHHSolutions

New England Dairy
Extension

To foster the health and well-being of New Hampshire residents...

We need to ensure more communities are plugged into the food grid so that everyone eligible for food and nutrition support receives it.



NHHS' Work



Focus 1

Close the gap between eligible individuals and those enrolled in federal nutrition programs.

Focus 2

Support schools and communities to increase participation in school meals to address hunger.

Focus 3

Increase the public and policymaker understanding of hunger in NH and how to solve it

Focus 4

Support and build food access coalitions to address hunger at the state, regional and local levels.

State Advocacy

- **Feed NH Kids**
 - **Medicaid Direct Certification**
 - Directly certifies children whose families incomes qualify them for free or reduced meals who are on Medicaid without their family having to fill out another form
 - Using **Medicaid enrollment to measure poverty** in the state school funding formula, rather than using Free & Reduced Price Meal enrollment
 - Requiring that **all schools offer breakfast and lunch**
 - Requiring that schools have an **online application for free and reduced meals**

2025 NHHS Advocacy



State Advocacy

- **Feed NH Kids**

- Making it easier for schools who qualify **the USDA Community Eligibility Provision (CEP)** -allows high-poverty schools offer free meals to all students
- **Ensuring that all children up to 200% of the Federal Poverty Level (FPL) can eat free lunch at school.**
- **Incentivizing schools to offer “breakfast after the bell”**
- **Helping more schools to offer summer meals programs**

2025 NHHS Advocacy



Medicaid Direct Certification (MDC)

- Adds Medicaid as a program that **automatically certifies children** for free or reduced price school meals (FRM) (if their families incomes are qualifying)
- This would...
 - Reduce administrative costs related to processing school meal applications
 - Reduce school meal enrollment certification errors
 - Reduce unpaid student meal debt
 - Increase federal funding
 - Help more students access nutritious food
- MDC does not have significant cost on its own, but state aid for education increases for newly enrolled FRM students due to the state school funding formula and many children are currently on Medicaid but are not enrolled in FRM (schools are already teaching these children but are not getting state aid for this work)

Using Medicaid Enrollment to Measure Poverty in Schools

- Current poverty measure in the State Education Aid Grant formula is **Free & Reduced Price Meal (FRM) enrollment**
- Using **FRM is an ineffective measure of poverty** because NH students are under-enrolled because of
 - Stigma, limited outreach efforts, difficult paperwork, etc.
- **Medicaid** has less stigma, so it **captures a more accurate number of students** living in households with incomes equal to or less than 185% of the Federal Poverty Level (the cut off for reduced price meals)
- **Using Medicaid as a measure creates a more accurate picture of poverty** in NH's public school districts and **reduces barriers to adopting other vital nutrition services**

USDA Community Eligibility Provision (CEP)

- Allows high poverty schools to offer **breakfast and lunch each school day at no cost to all students**
- Eliminates unpaid meal charges
- **Removes stigma** related to Free and Reduced Price (F/R) Meal programs
- Reimburses schools at a higher rate for children who are directly certified by other programs
- Reduces the paperwork and administration for school nutrition staff and families - **FRM forms are not collected**
- Streamlines meal service operations in school districts
- [103 schools are currently eligible to participate](#), but only 2 do!

How does the Community Eligibility Provision work?

- Eligibility:
 - Any school district, group of schools in a district, or individual school with **25% or more “identified students”**
 - Identified students are those **certified for school meals by means other than a household application**, and include:
 - Children who are directly certified for free school meals because their household participates in **SNAP or TANF**; or,
 - Children who are certified for free school meals because they are experiencing **homelessness, are considered a runaway, certified as migrant, in foster care, or enrolled in Head Start.**
- Reimbursement:
 - **Under CEP, all meals are free to all students.** Meals are still reimbursed by the USDA but reimbursement for meals in CEP schools is calculated using an identified Student Percentage (ISP).
 - The ISP is determined by the number of “identified students” (as explained above), divided by the total school district’s/group of schools’/individual school’s enrollment as of April 1.
 - The **percentage of meals reimbursed at the free rate is determined by multiplying the ISP by 1.6.**



Things you can do to help now

- Get the word out about Federal Nutrition Programs - SNAP, School and Summer Meals, WIC, etc.
- Let schools know NHHS is available to help them improve breakfast participation & invite them to join our School Breakfast Challenge
- Advocate for policies to reduce hunger - sign up for our action alerts
- Join the statewide Food Access Council and/or your local council
- Take the pledge to end hunger!
- Follow us and share our posts on social media

Connecting to & Supporting Food Access Coalitions and Councils in NH

Statewide

- **NH Food Access Coalition (NH FAC)**
 - SNAP Coalition
 - NH Nutrition Access Research Network
- NH Food Alliance

North Country

- North Country Food and Ag Council

Capital Area

- Capital Area Food Access (CAFA) Coalition

Lakes/Winnepesaukee Region

- Community Implementation Team- Food Access Workgroup

Carroll County

- Carroll County Food Access Network

Greater Nashua

- Greater Nashua Food Council

Greater Monadnock

- Monadnock Children's Food Access Alliance
- Monadnock Farm & Community Coalition
- Monadnock Understands Childhood Hunger
- Healthy Monadnock Alliance

Upper Valley

- Hunger Council of the Upper Valley
- Sullivan County Strong/New London Hospital

Greater Seacoast

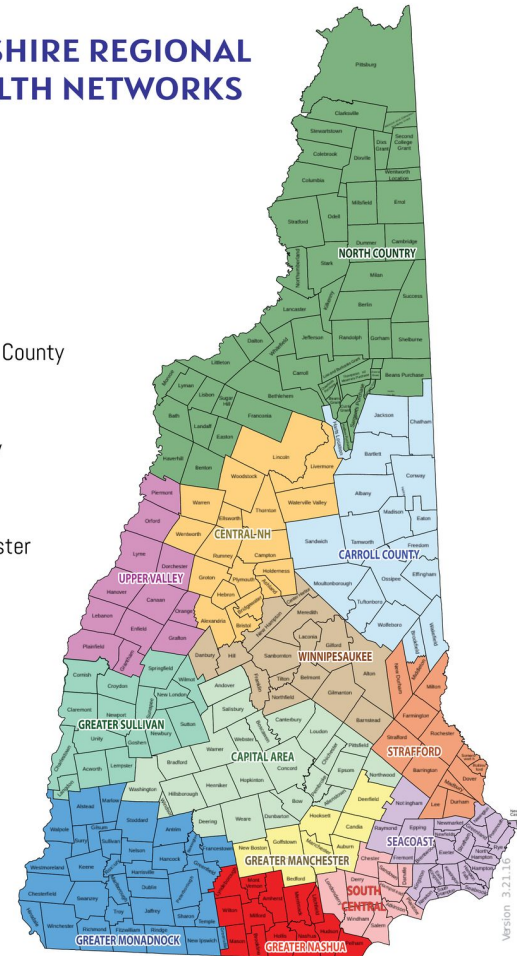
- Seacoast Food Providers Network
- Strafford Public Health Healthy Living Workgroup
- Seacoast Food Access Coalition

Greater Manchester

- Manchester Food Collaborative

NEW HAMPSHIRE REGIONAL PUBLIC HEALTH NETWORKS

- ✓ North Country
- ✓ Upper Valley
- Central NH
- ✓ Carroll County
- ✓ Greater Sullivan County
- ✓ Winnepesaukee
- ✓ Strafford County
- ✓ Capital Area
- ✓ Greater Manchester
- ✓ Seacoast
- ✓ Greater Monadnock
- ✓ Greater Nashua
- South Central



FOR PUBLIC HEALTH PLANNING AND THE DELIVERY OF SELECT PUBLIC HEALTH SERVICES.



Website: nhhungersolutions.org

Facebook: [@EndHungerNH](https://www.facebook.com/EndHungerNH)

Twitter: [@EndHungerNH](https://twitter.com/EndHungerNH)

Instagram: [@nhhungersolutions](https://www.instagram.com/nhhungersolutions)

Sign Up for NHHS Emails



tinyurl.com/NHHSemails