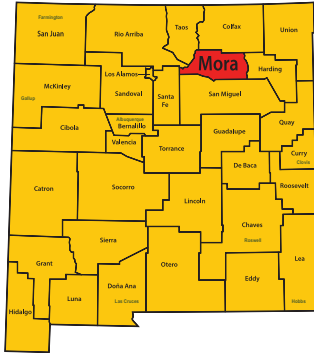




MORA



Hunger is a Growing Crisis for Families in Northern New Mexico



Hunger by the Numbers for MORA COUNTY

Number of Food Insecure Persons
630 total (14.9%)
120 children (24.5%)

Average Cost of Meal – \$3.50

Annual Food Budget Shortfall
\$390,000

Population of Mora County – 4,232

Unemployment Rate – 6.2%

People Living in Poverty – 872 (21%)

Children Living in Poverty – 205 (31%)

SNAP Person Participation – 570 (27%)

WIC Person Participation – 0

Data Sources:

- (1) Hunger - Feeding America Map the Meal Gap
- (2) Poverty - The Annie E. Casey Foundation Kids Count Data Center 2022
- (3) WIC - NM Department of Health 10/2022

(Fact sheet created - January 2024)

What is Food Insecurity?

Food insecurity refers to USDA’s measure of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods. Food-insecure households are not necessarily food insecure all the time. Food insecurity may reflect a household’s need to make trade-offs between important basic needs, such as housing or medical bills, and purchasing nutritionally adequate foods.

Hunger by the Numbers...

UNITED STATES

Number of Food Insecure Persons	33,844,000 (10.4%)
Number of Food Insecure Children	9,262,000 (12.8%)
Average Cost of Meal	\$3.59
Annual Food Budget Shortfall	\$21,466,234,000
Population of USA (July 1, 2022 Census)	334,914,895

NEW MEXICO

Number of Food Insecure Persons	285,220 (13.5%)
Number of Food Insecure Children	90,490 (19.2%)
Average Cost of Meal	\$3.35
Annual Food Budget Shortfall	\$168,875,000
Population of NM (July 1, 2021 Census)	2,109,366
People Living in Poverty	364,725 (18%)
• NM ranks 3 rd in poverty of the 50 states	
Children Living in Poverty	105,030 (24%)
• NM ranks 3 rd in childhood poverty of the 50 states	

Why are New Mexicans Food Insecure?

The **leading causes of food insecurity** in America cited in order of frequency in studies by the *Food Research and Action Center* are:

1. unemployment
2. underemployment
3. low-paying jobs
4. high housing costs
5. medical or health costs
6. homelessness
7. poverty or lack of income
8. substance abuse
9. mental health problems
10. reduced public benefits
11. child care costs
12. limited life skills

Here is what The Food Depot is doing in Mora County:



Partner Agencies

Strong partnerships with independent nonprofits and churches connect The Food Depot to diverse communities and provide nutritious foods directly to families. These organizations include churches, shelters, community centers, soup kitchens, emergency pantries, college campuses, transitional or supported living programs, and more.

Agencies receive support from The Food Depot in pursuing their hunger relief goals, including site visits, technical assistance, educational opportunities, and resources for clients. The Food Depot's ability to acquire, store, and deliver food to each partner agency enables organizations to focus time and resources on their primary mission. **Many agencies provide a multitude of wraparound services along with hunger-relief efforts.**

Partner Agencies in Mora

- El Rito Presbyterian
- First Presbyterian Church of Mora
- Saint Gertrude's Parish Food Pantry

IN 2023, THE FOOD DEPOT DISTRIBUTED:

451,850 Pounds =

**376,542
Meals**



Mobile Food Pantries

Mobile Food Pantries provide easy access to groceries to Northern New Mexico's rural towns and villages.

At every Mobile Food Pantry distribution, a truck delivers a variety of healthy foods to a central community location, such as a fire station, community center, or church.

Local leaders, all volunteers, take time to build healthy food boxes for their community and organize the distribution. Mobile Food Pantries not only provide nutritious food, but also give community members the chance to fellowship with one another.

These distributions are designed without the need for long-term storage. All food is delivered and distributed the day of the Mobile Food Pantry.

Mobile Food Pantries in Mora

- Wagon Mound



Why Hunger is more common in rural areas?

There are many reasons why hunger is more common in rural areas, including:

Lack of transportation - People in rural areas often live far away from grocery stores and food pantries. That can make it difficult to get food, especially without a car or public transit.

Low wages and underemployment - Jobs in rural areas often pay low wages and don't offer full-time hours. This can make it difficult to afford food, even if you work multiple jobs.

Racism and discrimination - People of color in rural areas are more likely to face hunger due to long-term inequalities affecting food access. In 2022, Black people in rural counties were 2.5 more likely to face hunger. **Native Americans living in rural areas face some of the highest rates of hunger.**

