

In New Hampshire (NH), more outreach is needed to connect people with disabilities to vital food resources. Reducing food insecurity means better health and wellness for NH residents with disabilities and their families.

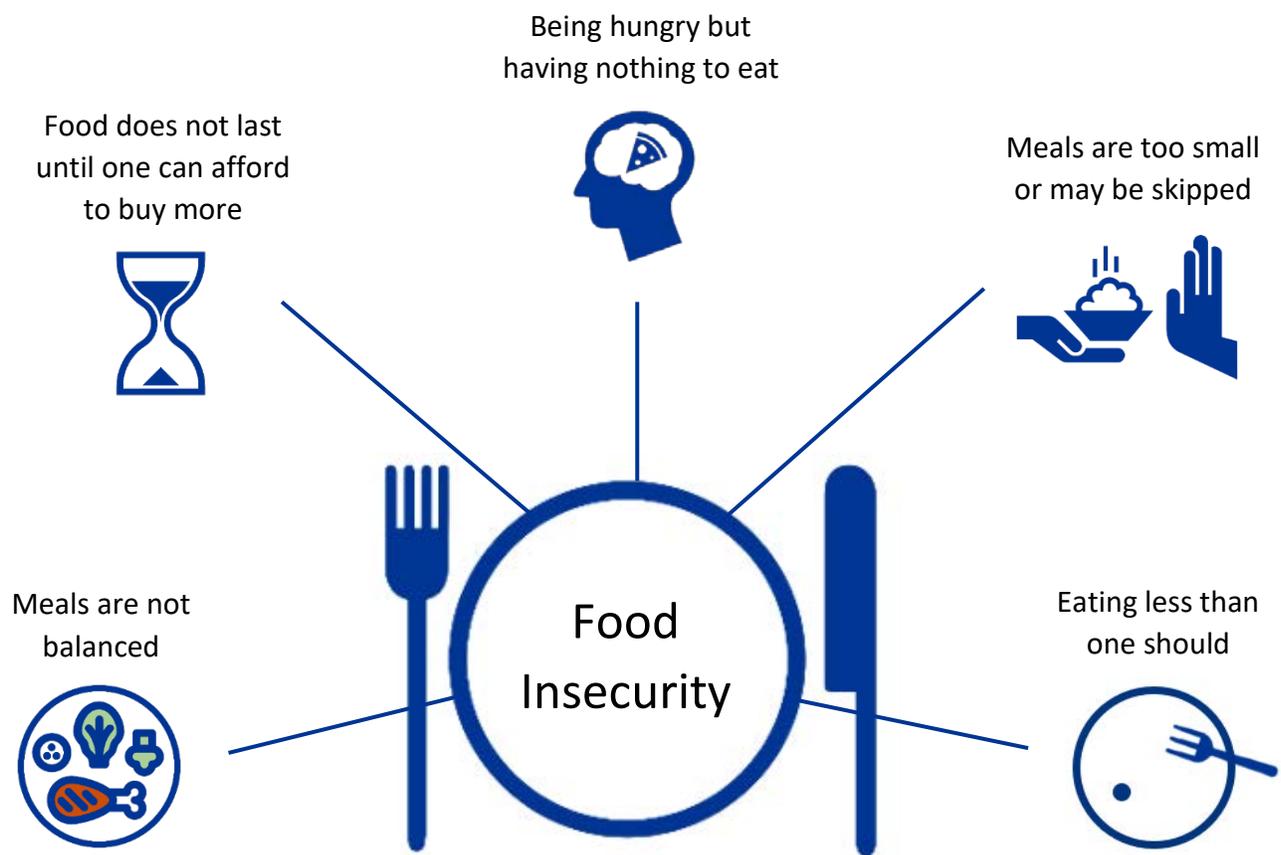
Food insecurity affects more than

1 in 5

NH adults with disabilities



Food insecurity means experiencing some or all of the following things:



Resources to Improve Food Security for NH Residents with Disabilities:

- The [NH Supplemental Nutrition Assistance Program](#) (SNAP) provides benefits for people to buy food at grocery stores, farmers markets, and other types of food stores. Apply [here](#) or call 1-800-852-3345.
- The [NH Women, Infants & Children Nutrition Program](#) (WIC) can help if you are pregnant or have children under 5 years old. WIC offers nutritious foods, nutrition education, and breastfeeding support. Apply [here](#) or call 1-800-942-4321.
- The [NH Commodity Supplemental Food Program](#) (CSFP) provides free food and nutrition education for people ages 60 and over. Call 1-800-942-4321 to find your area agency.
- The [New Hampshire Food Bank](#) can help you find your local food pantry and other programs such as soup kitchens and emergency shelters. Contact them [here](#) or call 603-669-9725.



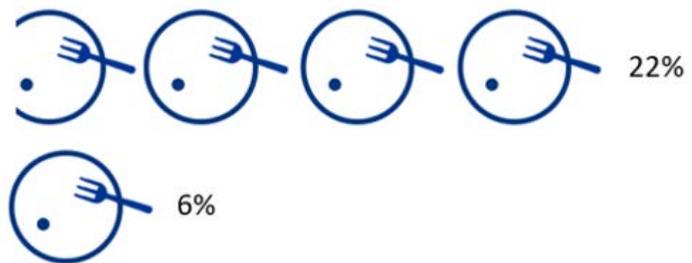
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According to the U.S. Department of Agriculture, food insecurity happens when people cannot afford enough food at all times to have an active and healthy life.

Adults with disabilities in NH are nearly
4 times more likely to
be food insecure
 than adults without disabilities



- Disability types include:
- Mobility
 - Cognitive
 - Vision
 - Hearing
 - Multiple

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*Source: Granite State Poll, April 2020
 Alternative formats available on request.*