



25 YEARS OF COUNTING DELAWARE KIDS

2015

DATA SNAPSHOT FOOD INSECURITY

ECONOMIC SECURITY

Delaware should be a state where every child lives in a financially secure home. To help children grow into prepared, productive adults, parents need well-paying jobs, affordable housing and the ability to invest in their children's future. However, throughout our country's history, policies and practices have helped move some families along the path to economic security while putting up roadblocks for others. Practices such as redlining in the housing market, employment discrimination and inequitable criminal justice policies have created circumstances in which children of color are more likely to experience poverty than their white peers.

HONORING OUR PAST,
BUILDING KIDS' FUTURES
25 YEARS

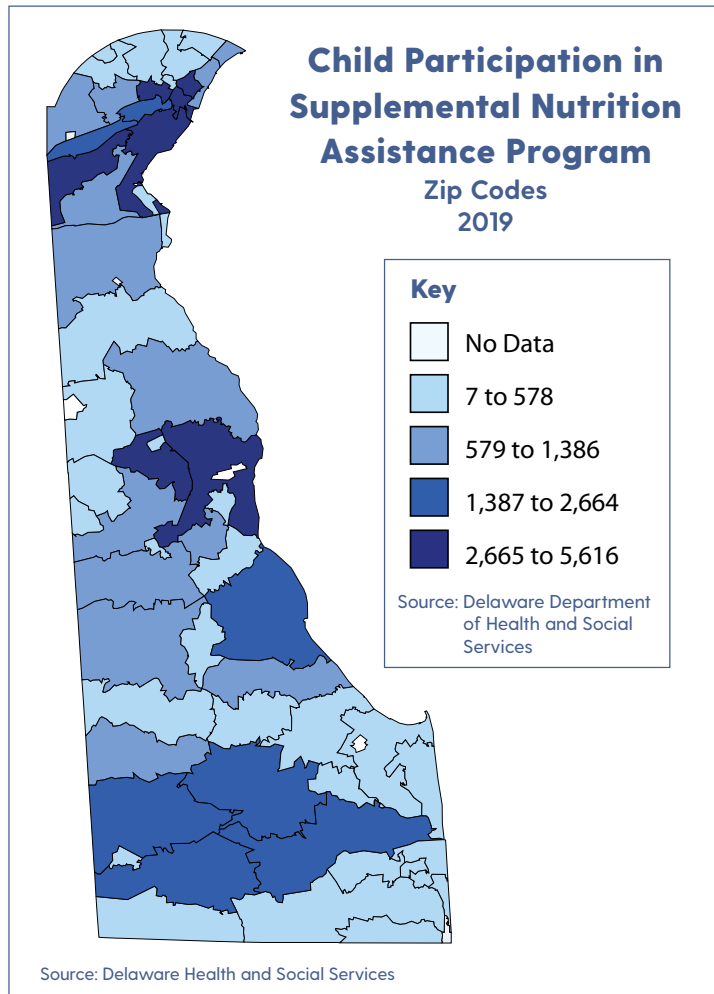


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25 Years of Delaware Data: Food Insecurity

In 2017, one in six Delaware kids lived in households that experienced food insecurity. The USDA defines food insecurity as not always having access to enough food for an active, healthy life.

Several federal nutrition programs provide nutrition assistance to children and families, including the Supplemental Nutrition Assistance Program (SNAP) formerly known as food stamps, the Special Supplemental Nutrition Program for Women Infants and Children (WIC), the National School Lunch Program, the National School Breakfast Program, the Summer Food Service Program and the Child and Adult Care Food Program. These food and nutrition assistance programs aim to increase food security by providing low-income households access to food for a healthful diet, as well as nutrition education. The programs themselves have evolved over the course of the last twenty-five years, with some increasing the amounts of fruits and vegetables offered and others allowing culturally sensitive substitutes in order to better meet the family needs.



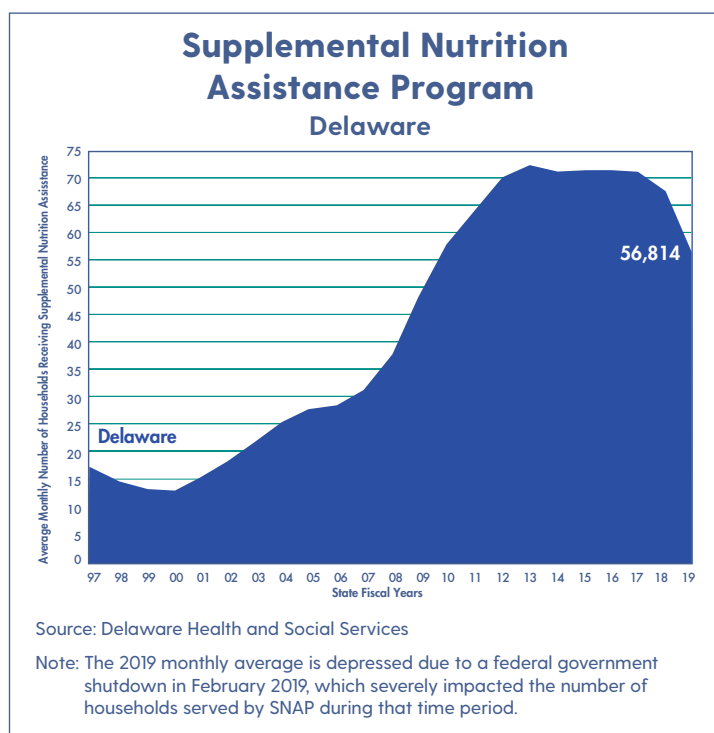
America's Great Recession made it increasingly difficult for families to meet basic nutritional needs. Not surprisingly, lack of income has been identified as one of the biggest contributors to whether a household can meet these basic nutritional needs. Across the nation – and in Delaware – SNAP caseloads increased when the recession hit, giving evidence to growth in food insecurity. The number of families accessing SNAP stayed high during the slow economic recovery. In Delaware, the number of households receiving assistance from SNAP began falling in 2016.

Why Does it Matter?

Much research has been completed detailing the danger of poor child nutrition, especially in very young children. Nutrition in childhood impacts cognitive development. Even a short period of food insecurity has shown to be correlated with lower cognitive development outcomes for young children. Poor nutrition negatively affects child health, which is related to school attendance and ability to focus while in class, also an aspect of cognitive development. On the other hand, SNAP has been shown to promote long-term health and well-being, especially for children. WIC participation has been shown to reduce infant mortality, improve birth outcomes, improve cognitive development, reduce risk of child abuse and neglect, increase child immunization rates, boost cognitive development and increase access to preventive medical care.

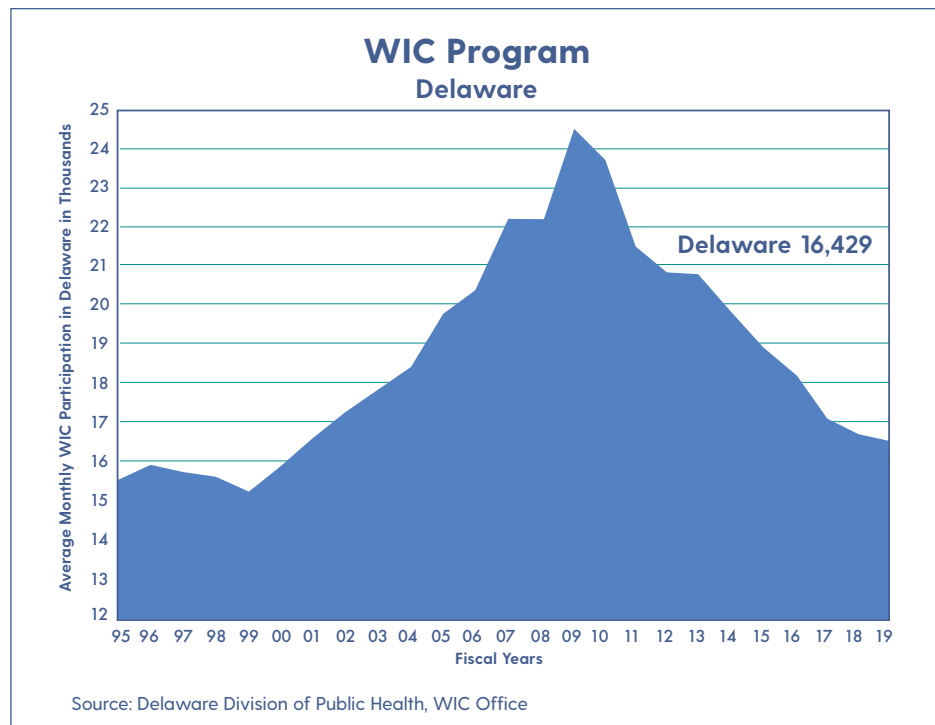
Next Steps

While SNAP is effective at reducing food insecurity, evidence



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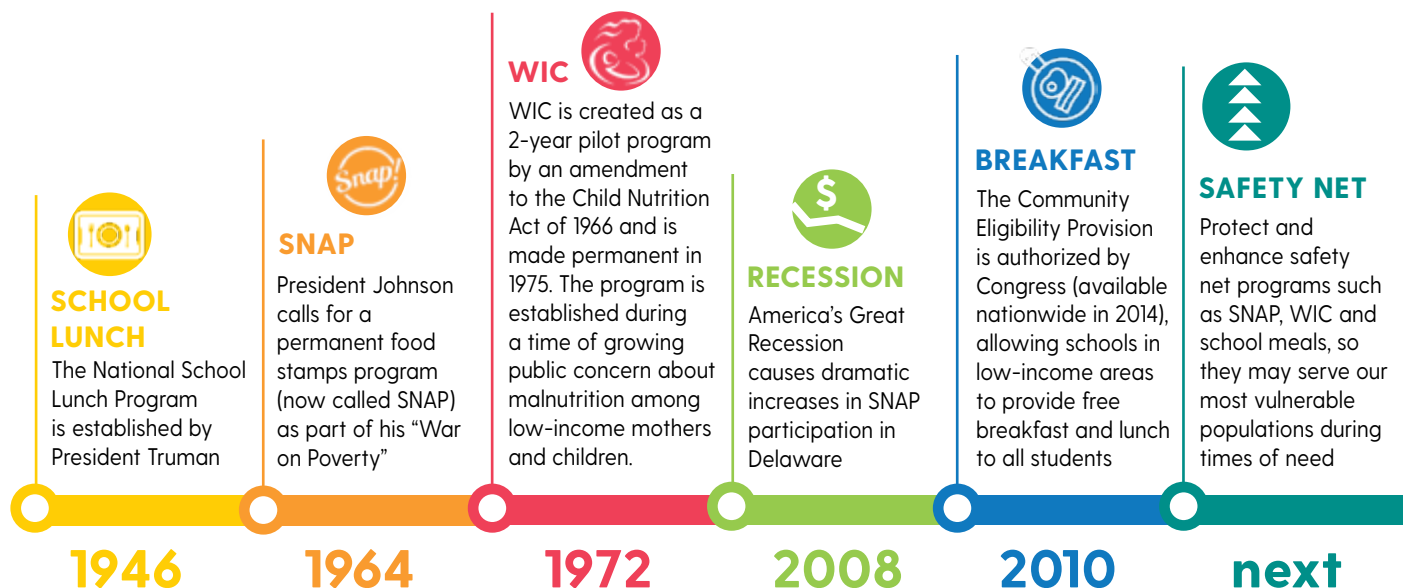


suggests that increasing benefits could have an even bigger impact on reducing hunger. A growing body of research documents that SNAP benefits are inadequate to fully meet the nutritional needs of eligible households. Raising

SNAP benefits would increase low-income households' spending on food and improve the nutritional quality of their diets. Nationally, SNAP is one of the several safety net programs facing adversity. Federal

nutrition programs matter, but our federal programs are only as strong as the support they receive on Capitol Hill. Working to protect and expand these vital programs will ensure that no one in America goes hungry. ♦

FOOD INSECURITY TIMELINE





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The photographs in this data snapshot do not necessarily represent the situations described.

Center for Community Research and Service
Biden School of Public Policy and Administration
College of Arts and Sciences
University of Delaware, Newark, DE 19716-7350
302-831-4966 • Fax 302-831-4225
email: kids-count@udel.edu • www.dekidscount.org

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