# #TheNetBenefit

## When everyone has access to nutritious food, we all benefit.

Our communities are only as strong as our people. But too many of our families, friends, and neighbors don't have access to the food they need to lead healthy lives. They have to choose between buying food or paying for essentials, like housing, transportation, and medical care.

These Missourians rely on a combination of federal, state, and local programs to fight against hunger. With this access to food, they have the fuel they need to attend school prepared to learn, go to their jobs ready to be productive, and maintain their health as they age.



*"Food is a basic need. If you don't have anything to eat or drink, how are you going to be well enough to do anything else?"*
– Sharon C., Cape Girardeau



*"I had a refrigerator go out and lost all of my food. And I had to go to the pantry. I've only used it when I really had to. If it wasn't for that, I don't know what I would have done."*
– P.J., Hayti

Nearly **15%** of Missourians – and more than **17%** of Missouri children – were food insecure at some point during 2016.

### Food Stamp Program, known as the Supplemental Nutrition Assistance Program (SNAP)

In Missouri, SNAP helps more than **840,000 Missourians** who are struggling to put enough food on the table. It's their first line of defense against hunger and gives them the chance to give back to the community. Every dollar of new SNAP benefits returns an estimated $1.80 in economic activity.

### Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

More than **118,000 Missourians** participate in WIC, which provides affordable, nutritious food for pregnant women, mothers, and their children age 5 and under. WIC helps ensure our children have a strong start in life.

### Food pantries, churches, and other local organizations

Local institutions and volunteers make up a crucial network of support across Missouri, supplementing federal programs to ensure our neighbors have access to nutritious foods in times of need.

*Missouri* Foundation
for *Health*
a catalyst for change

**Read our stories. And share your own.**
TheNetBenefit.org