

Screening for Food Insecurity

The best way to learn if someone is facing food insecurity is by using the validated, evidence-based **Hunger Vital Sign™** screening tool

Why should you screen for food insecurity?

- Help connect people to needed resources and combat hunger in the community
- Reduce risk of diet-related health conditions
- Decrease emergency department visits, hospital stays and lowers health care costs
- Improve academic performance of children in the classroom



Hunger Vital Sign™

Hunger Vital Sign™ identifies risk for food insecurity if they answer either or both of the statements as **‘often true’** or **‘sometimes true’** (vs. **‘never true’**):

1. **Within the past 12 months we worried whether our food would run out before we got money to buy more**
2. **Within the past 12 months the food we bought just didn't last**



learn more about the Hunger Vital Sign™ with [Children's Health Watch](#)

1 in 6 NH households experience food insecurity

Food insecurity is having **limited** or **uncertain** availability of nutritious and safe foods

Anyone can screen for food insecurity, even for yourself

GREATER SEACOAST COMMUNITY HEALTH



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Find Food Today

New Hampshire Food Access Map
extension.unh.edu/FoodAccessMap

Gather
gathernh.org

New Hampshire Food Bank
nhfoodbank.org

Unite Us
uniteus.com/networks/new-hampshire

End 68 Hours of Hunger
end68hoursofhunger.org

Strafford County Healthy Living Guide
scphn.org

Find Help
findhelp.org



Federal, State & Local Nutrition Programs

Supplemental Nutrition Assistance Program (SNAP) provides food benefits to low-income families to supplement grocery budget. Apply at: nheasy.nh.gov or call 603-669-9725 ext. 1147 or email snap@nhfoodbank.org

Women, Infants & Children (WIC) supports low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and infants and children up to age 5. Apply at: nheasy.nh.gov

Granite State Market Match doubles SNAP/EBT benefits for fruits and vegetables across New Hampshire: granitestatemarketmatch.org

Meals on Wheels provides meals to the homes of seniors: straffordmealsonwheels.org

Vouchers for Veterans provides Veterans living in New Hampshire and Maine with vouchers to purchase fresh food directly from local farmers, growers, and bakers: vouchersforveterans.org

Summer Meals provides free, nutritious meals and snacks for children throughout the summer months when they are out of school: straffordcap.org/summer-meals

Commodity Supplemental Food Program (CSFP) provides free food and nutrition information to promote good health for Seniors age 60+: Contact your local Community Action Program at 1-800-942-4321

Other Helpful Resources

Seacoast Eat Local
seacoateatlocal.org

**UNH Cooperative Extension
Nutrition Connections**
extension.unh.edu

New Hampshire Hunger Solutions
nhhungersolutions.org

Service Link
1-866-634-9412