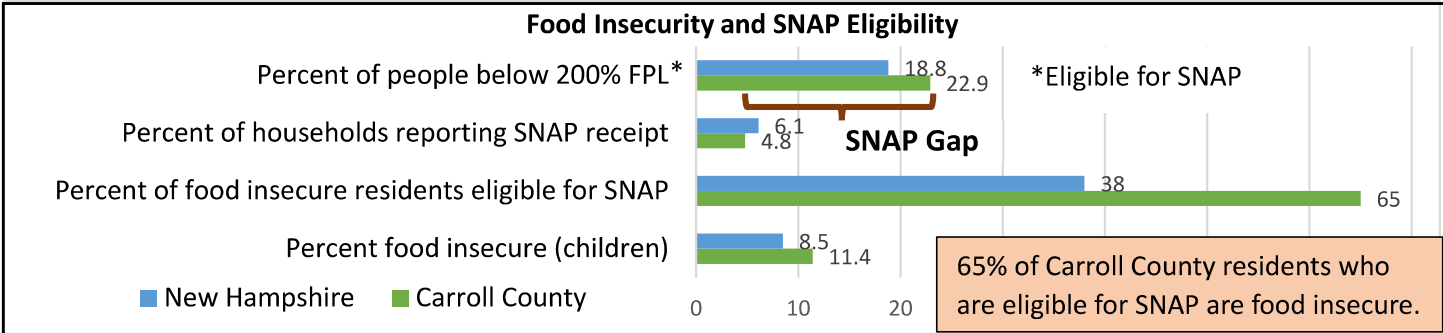


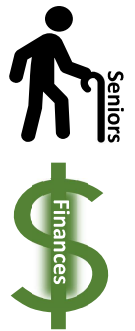
# UNH Extension and Carroll County Food Access Network

## Select results from the 2023 Carroll County Food Access Needs Assessment



### Why are people food insecure in Carroll County?

- 28.5% of Carroll County residents are over 65.
- Many newcomers moved to the county since the pandemic.
- NH Rental survey shows a 0.0% vacancy rate, reducing housing choice.
- 31% of Carroll County residents are housing cost burdened (>30% Income)
- 90% of the vacant housing units are for recreational use.
- Household median income in Carroll County is lower than statewide.
- Most residents drive between 15 - 30 minutes to get to the grocery store.



### If you have ever applied or considered applying for food assistance, what has been your experience? (CCFAN Top 6)

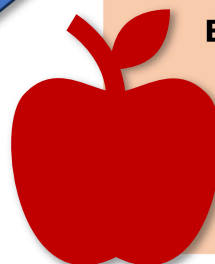
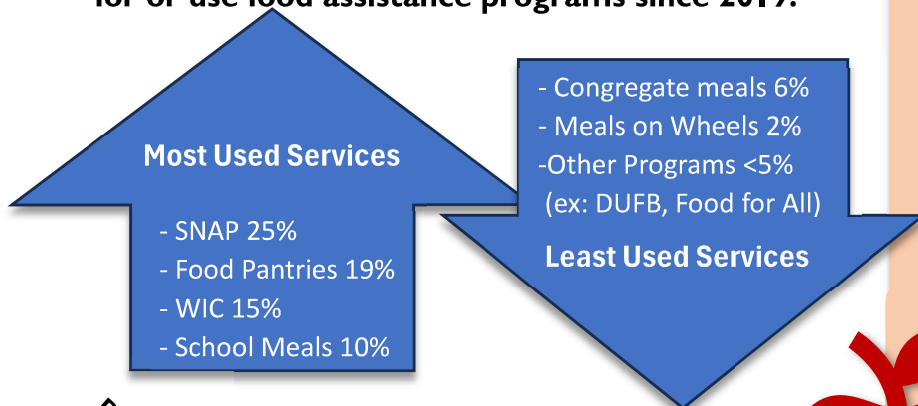
1. I've never considered it (5% are food insecure)
2. I don't think I'm eligible (24% are food insecure) ★
3. I don't need or want it (3% are food insecure)
4. I applied but did not qualify (26% are food insecure) ★
5. Enrolling was hard, confusing, or took too long (13% are food insecure)
6. The amount I would get is too low to be worth applying for (14% are food insecure)

For full report visit:



<https://bit.ly/ccfanffc>

### CCFAN Survey: % of respondents who applied for or use food assistance programs since 2019.



### Where residents buy local

- Farmers Market
- Farm Stand or CSA
- Grocery Store

### Farmers sell/distribute less often to:

- Restaurants
- Food Pantries
- Schools

### Barriers to farm expansion

- Marketing and distribution
- Limited Farmland
- Staffing

## What is available for youth?

### School Weekend Bags (End 68 Hours of Hunger)

Each school might use a different weekend bag program  
 Run by different people or organizations  
 Some areas the food pantry supports these  
 End 68 Hours of Hunger – cannot supply fresh produce  
 Food must be easy for a young child to eat without help  
 from an adult [www.end68hoursofhunger.org](http://www.end68hoursofhunger.org)

### School Food Pantries

Some schools have these for students

### Summer Feeding Programs

Usually at a school, rec department, or library

### Other

Schools might have charitable organizations who will purchase Hannaford or gas cards for families in need.

**Diaper Depot** – Free diapers, wipes, & baby food/  
 formula

## What is available for seniors?

### Meals on Wheels and Congregate meals

#### Ossipee Concerned Citizens

[www.ossipeeconcernedcitizensinc.com](http://www.ossipeeconcernedcitizensinc.com)

Seniors and adults with disabilities  
 Childcare with free meals  
 Has a van – limited in how it can be used

#### Gibson Center [www.gibsoncenter.org](http://www.gibsoncenter.org)

Open to adults without disabilities  
 Has a bus – uses it to transport clients

### Dinner Bell (free for all ages)

#### The Brown Church – Conway

[www.thebrownchurch.org/about/ministries/dinner-bell/](http://www.thebrownchurch.org/about/ministries/dinner-bell/)

#### First Congregational Church of Ossipee

[www.firstossipee.org/events/dinner-bell/](http://www.firstossipee.org/events/dinner-bell/)

### Other Congregate Meals

#### Wolfeboro Senior Center

[www.facebook.com/wolfeboroseniorcenter/](http://www.facebook.com/wolfeboroseniorcenter/)

## Food Pantries

### Things they all have in common:

Use the NH Food Bank and or USDA foods  
 Have state set food safety guidelines to follow  
 Can use NH Feeding NH funds to purchase local food  
 Get food donations from stores before they expire  
 Open only certain days – all are different  
 Only serve certain towns

### Some things that vary between pantries:

May or may not require proof of income  
 They might use vouchers for specific stores  
 Might allow clients to have food choice  
 Might box food up and bring out to clients cars  
 May or may not have food for those with allergies

## Other local services:

### Bearcamp Valley Center <https://bearcampcenter.org/>

Single serve meals in the fridge/freezer in a farm stand (by donation)  
 Also offer monthly congregate meals

### White Horse Recovery <https://whitehorserecovery.org/>

Has food available for clients (food pantry style and kitchen)  
 Can assist individuals with applying for assistance  
 Has a van that can be used to transport clients to appointments

**MWVeg – Food For All** vouchers to spend at farmers market, farm stand, or CSA for those who might not get SNAP, but cannot afford to buy local. <https://mwveg.com/#>

**School District Homeless Liaison/Coordinator** - Contact your school

## Who can help?

Community Health Workers - Resource Centers

### Children Unlimited Family Resource Center

[www.childrenunlimitedinc.org](http://www.childrenunlimitedinc.org)

### Carroll County Coalition for Public Health

[www.c3ph.org](http://www.c3ph.org)

### White Mountains Community Health Center

[www.whitemountainhealth.org](http://www.whitemountainhealth.org)

### Way Station

[www.waystationnh.org](http://www.waystationnh.org)