

Food & Nutrition Stability

Value Statement

All residents of Boulder County should be assured access at all times to enough food to fully meet basic needs for an active, healthy life, in socially acceptable ways, regardless of age or income.

Recommendation

The HSA supports state and local policies that create a responsive food "safety net" system in Boulder County that will prevent chronic food insecurity and reduce episodic hunger. Policies should maintain and improve all aspects of a seamless coordination of food assistance.

Background

In Boulder County, lower income families, invisible senior populations, those with disabilities, and other individuals frequently experience food insecurity, which refers to the USDA's measure of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods. Additionally, lack of access to nutritious foods leads to health issues and can negatively affect the growth and development of children and inhibit their ability to learn. There are far fewer nutrition resources for seniors; schools, in particular, serve kids who struggle with food insecurity or hunger issues. Increasing access to healthy and nutritious foods for elderly populations and for those with chronic illnesses, or disabilities can reduce food insecurity and improve health, education, and economic outcomes for the community. Additionally, the support families and individuals receive through the combination of local nonprofits and, when available, federal benefits, can free up discretionary income for other vital basic needs.