On a tight budget, Coloradans often have to choose between paying rent or buying needed medications instead of purchasing food. They may already turn to strained food pantries and faith-based groups distributing food, just to make ends meet.

Hunger, though often invisible, affects everyone. It impacts people’s physical, mental and emotional health, and can be a culprit of obesity, depression, acute and chronic illnesses, and other preventable medical conditions. Hunger also hinders education and productivity, not only stunting a child’s overall well-being and academic achievement, but swallowing an adult’s ability to fully contribute. Even those who have never worried about having enough food experience the ripple effect of hunger, which seeps into our communities and erodes our state’s economy.

Community resources like food stamps, federally known as the Supplemental Nutrition Assistance Program or SNAP, exist to ensure families and individuals can purchase groceries, with the average benefit being about $1.42 per meal, per person. Ensuring all Coloradans have enough to eat is one way Colorado communities take care of our own—and food stamps help make this possible.

**COLORADO CONTINUES TO:**

1. Fall well below the national average of 74% for food stamp enrollment, with close to 2 in 5 of those eligible missing out on the nutrition we all need to thrive (42%).
2. Leave millions of dollars on the table and lose more than $261,000,000 annually in grocery sales.

**A HEALTHIER COLORADO**

Nearly 1 in 10 Coloradans face times when there is not enough money to buy food.
BUILDING WELL-BEING TO END HUNGER

Nutritious food supports the foundation for optimal health and well-being at every stage of life. Just as constructing a solid house requires a variety of materials, building well-being requires community resources like access to healthy, affordable food. When materials are cheap or not even available, the foundation is not as strong as it could be and soon may develop cracks. Similarly, nutritious food is one of those key materials for all people, and without it, we may have difficulty weathering life’s storms.

A GROWING BODY OF RESEARCH HAS SHOWN THAT FOOD STAMPS:

- Support better health, well-being and development
- Lower health care costs
- Increase dietary quality and long-term health outcomes
- Diminish health issues, such as obesity, diabetes and depression
- Improve academic achievement
- Reduce behavior issues and visits to the school nurse
- Increase the likelihood of completing high school
- Enhance work productivity and level of annual income later in life
- Keep seniors stable and independent
- Develop babies’ brains and bodies
- Support the workforce and local producers
- Boost local and statewide economic activity, including grocery sales
- Bolster rural, urban and suburban communities

THAT’S WHY WE NEED TO MAKE IT A PRIORITY TO ADDRESS HUNGER IN ALL COLORADO COMMUNITIES.

Federal nutrition programs, along with state and local counterparts, play an important role in connecting people of all ages, backgrounds and zip codes to needed food. By supporting people throughout their lives, we can ensure everyone reaches their potential, which benefits all of us.

JOIN US IN MAKING COLORADO HUNGER-FREE.

Hunger Free Colorado, a statewide nonprofit organization launched in 2009, connects families and individuals to food resources and fuels change in systems, policies and social views, so no Coloradan goes hungry.

HungerFreeColorado.org /HungerFreeColorado @HungerFreeCO

All data points are sourced and cited, along with other facts, on HungerFreeColorado.org.