LISTEN Community Services

Food Insecurity and Hunger

September is Hunger Action Month. LISTEN Community Services wants to raise awareness of Food Insecurity and how it effects our neighbors everywhere.

The LISTEN Community Services Food Pantry is located at 60 Hanover St in Lebanon, NH. We are open Monday- Friday, 10:00am- 4:00pm and serve the Upper Valley of Vermont and New Hampshire. Anyone can visit our food pantry to receive food no matter where you live. We also provide pet food.

Food insecurity describes a household’s inability to provide enough food for every person to live an active, healthy life. Food insecurity is one way we can measure and assess the risk of hunger. In the United States currently, 1 in 9 people struggle with hunger.

Families and individuals face countless situations that can result in food insecurity and hunger. Lay-offs at work, unexpected car maintenance or an accident on the job can suddenly force people to choose between buying food and paying bills. The elderly on a fixed income or a homeless person also experience food insecurity and hunger.

Food insecurity can have a wide impact, depending on each individual’s circumstances. Some of the most common effects of food insecurity include:

- serious health complications, especially when people facing hunger are forced to choose between spending money on food and medicine or medical care;
- damage to a child’s ability to learn and grow; and
- difficult decisions for seniors — often living on fixed incomes — such as choosing between paying for food and critical healthcare.

The overall food insecurity rate in Grafton County, NH is 9.7%, for children in Graton County it is 14.3%. In Windsor County VT the rate is 10.4% overall and for children it is 15%. (Pre-Covid-19 data, http://map.feedingamerica.org/).

To submit artwork to raise awareness about food insecurity in our region or nationally please follow the submission guidelines. Artwork will be displayed on-line at LISTEN Community Services.
Submission Guidelines

Please submit a digital image of your work to  valerie@listencs.org

Specifications:

1. JPEG files preferred
2. No zip files
3. Files should be no larger than 5 Meg.

Please provide the following with your submission:

1. A short statement about your work and if food insecurity has impacted you/friends/family
2. Title, dimensions, medium and price if you wish to sell it.
3. Contact information - full name, address, email, telephone number
4. Website (if applicable)

Sending images is an agreement to allow LISTEN Community Services to use your name, image(s) and statements for publicity purposes.