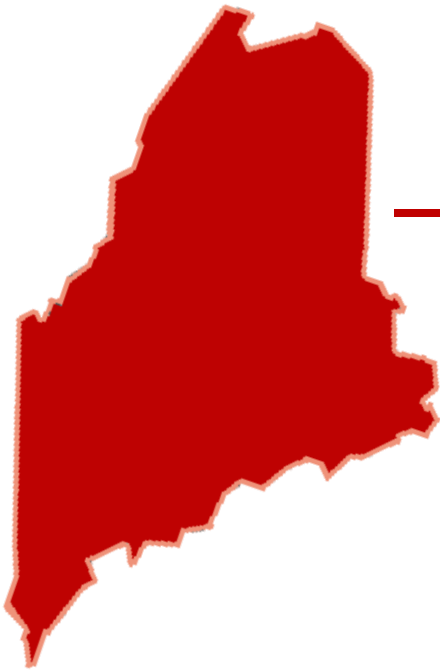


Health and Hunger in Maine



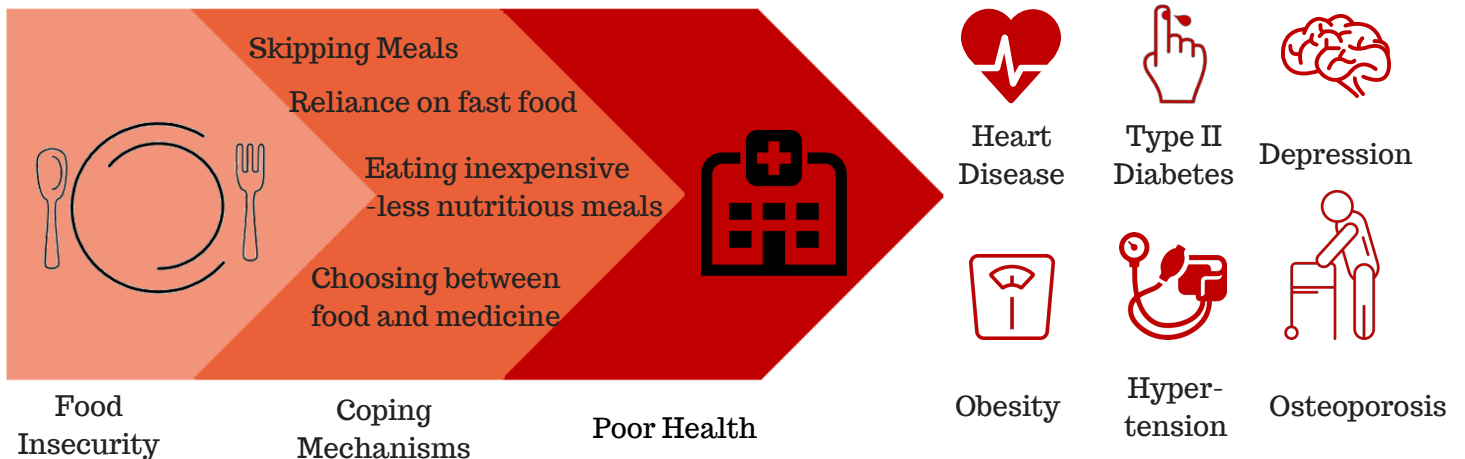
over **200,000** Mainers lack regular access to enough nutritious food to live a healthy life



of food insecure households in Maine report purchasing more affordable but less nutritious food just to have enough

Food insecure individuals are forced to employ coping mechanisms that adversely affect their health

Food Insecurity Increases Your Risk of Developing a Chronic Disease



How We're Helping End the Cycle

