

Food Insecurity

- 26.9% of children in southern Arizona experience food insecurity, not knowing where their next meal will come from.
- Overall, 16.7% of southern Arizonans live with food insecurity.
- Many of the women we spoke to had to make choices between paying utilities or credit card
- Women who were eligible used resources like SNAP and WIC, and got help from community organizations such as St. Vincent DePaul and Casa Maria.
- For women with precarious housing, assistance typically runs out more quickly, as they are less likely to be able to prepare inexpensive goods, and must buy more expensive ready-to-eat food.

bills and eating, with some eating only one meal a day.

I think there may be an entire population out there who is eating oatmeal or tuna fish in silence” (Focus Group with Older Women Managing Harsh Economic Times, 2013).

Recommendations

- **Reach out to reduce stigma** -One of the senior women we spoke with said “I was raised not to ask for help.” This attitude causes many women to not seek help for which they may be eligible. We would suggest greater outreach and education in order to decrease this stigma and raise awareness, so that women feel more comfortable receiving these services.
- **Centralized referrals for services** – Many of the women in our focus groups mentioned that it was difficult to get information about assistance in Tucson. We recommend having a central way to find out about services, again, so that women know what they are eligible for.

