



Press release for Arkansas Hunger Relief Alliance. For immediate release.

For more information contact Nancy Conley, Communications Director, nconley@arhungeralliance.org

TOO MANY ARKANSAS SENIORS ARE HUNGRY

LITTLE ROCK, AR (May 2, 2016) – May is Older Americans Month. With more than 40% of the Arkansas's population age 60 and over suffering from food insecurity, we want to take a special opportunity to raise awareness for those who don't have access to adequate nutrition. **Blaze a Trail** is the motto of the 2016 awareness month.

Food insecurity among seniors is primarily due to financial hardship, lack of transportation, mobility limitations and the shortage of food stores in the area. Malnutrition can lead to chronic diseases and depression. For the elderly, this is an especially serious threat, as the immune system is also weaker.

Arkansas has the highest rate in the nation of food insecurity among seniors. In deed, 33% of all households with elderly or disabled persons in Arkansas receive SNAP benefits and 10.6% of the senior citizens in the state live below the poverty line. Sadly, not all seniors who qualify for nutrition assistance are receiving benefits. The Arkansas Hunger Relief Alliance SNAP Outreach team works to help seniors apply for and receive the benefits they need.

Blaze a Trail during Older American's Month. Here's how:

- Become a SNAP Outreach Volunteer. The Arkansas Hunger Relief Alliance is looking for SNAP Outreach volunteers to help seniors file SNAP applications. Contact Tomiko Townley at ttownley@arhungeralliance.org
- Local senior centers have various opportunities for volunteers. Find a center in your community.
- Donate funds or items to a local food pantry. Easy-use kitchen utensils are always needed, just as they welcome suitcases or rolling backpacks, which serve as handy helpers for seniors who go to pick up food.

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About The Arkansas Hunger Relief Alliance

Arkansas Hunger Relief Alliance, lead partner in Arkansas for the No Kid Hungry campaign, is a non-profit collaborative network of more than 480 hunger relief organizations across Arkansas. Our founding members include the Arkansas Foodbank in Little Rock, the Food Bank of Northeast Arkansas in Jonesboro, Harvest Texarkana Regional Food Bank in Texarkana, Food Bank of North Central Arkansas in Norfolk, Northwest Arkansas Food Bank in Bethel Heights and River Valley Regional Food Bank in Fort Smith. The Alliance is dedicated to reducing

hunger through direct relief, education and advocacy. We invite you to visit www.ARhungeralliance.org for details on hunger relief programs, donor and volunteer opportunities.