

Focus on Food Insecurity in the First 1000 Days

Early Hunger as Developmental Trauma

WHY?

Why is food insecurity especially harmful for this developmental phase?

- Sensitive developmental window
- Dependence on caregivers

WHAT?

What is occurring in this developmental phase?

- Physiological growth
- Stress-regulation growth
- Socioemotional growth
- Two-generation impact

WHO?

Who is affected?

- Nationwide overview
- Mothers and 0–3-year-olds

HOW?

How are families affected?

- Toxic stress
 - For mothers and toddlers
- Material hardship for mothers
 - Risk for child welfare involvement

TOXIC STRESS

Food Insecurity as Trauma and Toxic Stress

- How these relate?
 - Chronic uncertainty for mothers
 - Chronic uncertainty for infants and toddlers

TOXIC STRESS

Consequences of Toxic Stress

- Developmental outcomes
- Physical health outcomes
- Mental health and family well-being

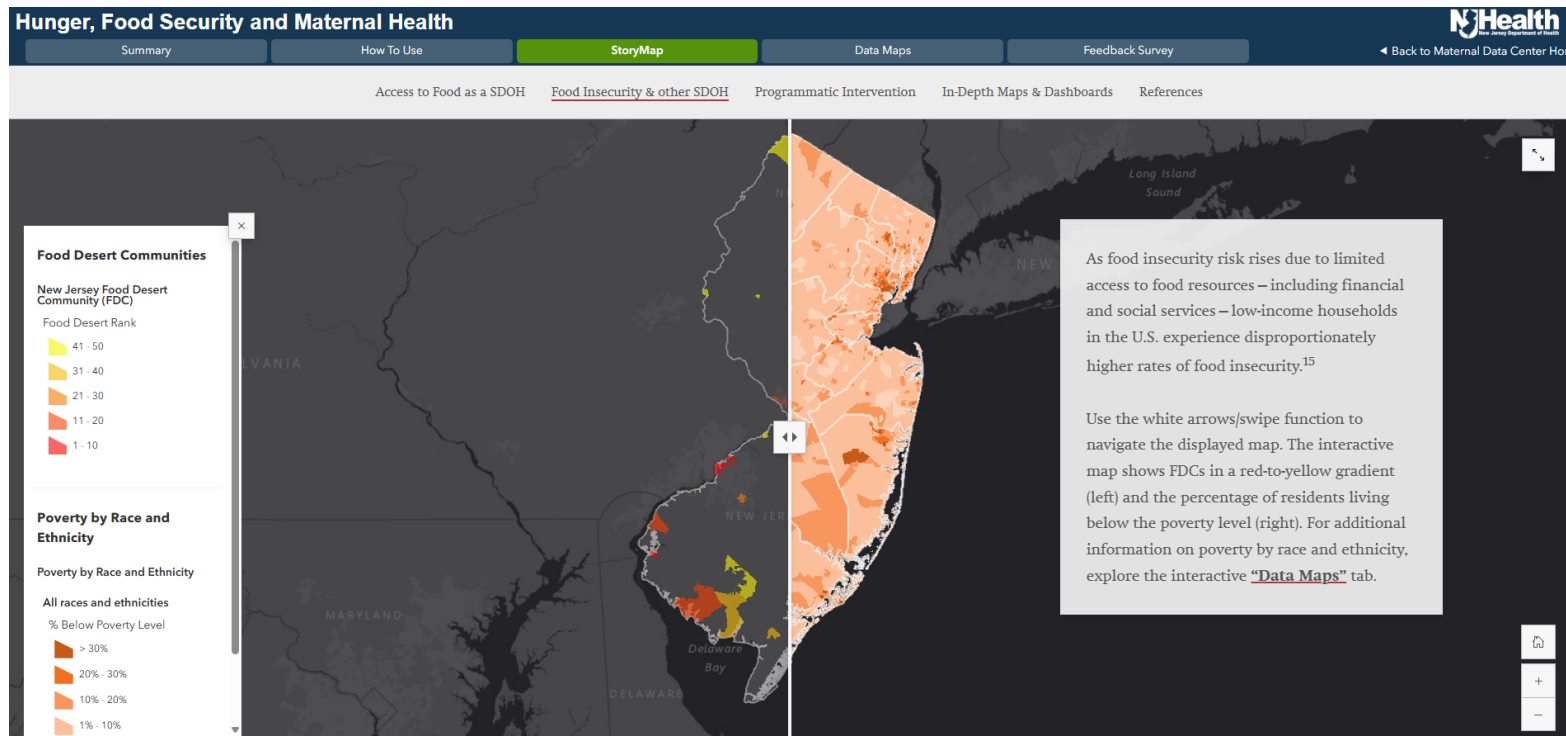
CHILD WELFARE

Food Insecurity and Child Welfare Involvement

This age group (0-3) is the largest age group involved with the CWS

- Creates family stressors
 - Stressors often signal child welfare involvement
 - Developmental growth concerns
- How should we be addressing these stressors in families' lives?

Hunger, Food Security and Maternal Health: StoryMap & Data Dashboard



Scan the QR Code to view
this resource



Garden State Conference
on Food Security



Who does food insecurity affect in New Jersey?

In 2023, nearly 12% of New Jersey residents – over 1,089,000 people – experienced food insecurity, marking a nearly 3% increase since 2019. Among them were over 271,000 children under 18, accounting for 13.5% of all minors in the state.

Are some New Jersey areas more affected than others?

Lower-income communities are more likely to face limited access to food, leading to higher rates of food insecurity. To address this issue, the Food Desert Relief Act, signed by Governor Phil Murphy in 2021, identified New Jersey communities with the lowest food access to target solutions for reducing food insecurity.

The 50 Food Desert Communities (FDCs) in New Jersey are shown on the map below, ranked by severity of food access, from least to most severe. Hover over the map to explore and identify specific communities.



CONNECTICUT



Table of Contents

Please navigate here for more information on Food Security and Maternal Health through a StoryMap and Data Maps

Summary

How To Use

StoryMap

Data Maps

Feedback Survey

◀ Back to Maternal Data Center Home

PENNSYLVANIA

Poor Infant Outcomes

New Jersey Food Desert Community (FDC)

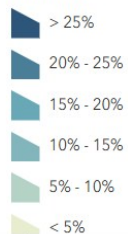
Food Desert Rank



Infant Outcomes

Total Poor Infant Outcomes

Percent Poor Delivery Outcomes

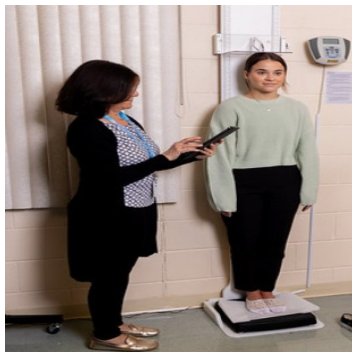


Delaware Bay

NEW YORK

Long Island Sound

What is WIC



Nutrition Assessment



Nutrition Counseling



Breastfeeding Support



Healthy Food Benefits



Referrals

Who is eligible?

- Pregnant, postpartum, and breastfeeding women
- Infants
- Children under age 5

Key eligibility requirements

- New Jersey resident
- Household income generally at or below **185% of the Federal Poverty Limit**

Categorical/income eligibility

- Participation in programs such as **SNAP, TANF, or qualifying Medicaid** may establish income eligibility

Program Reach

- **250,000+ participants served annually** in New Jersey



NJ WIC Remote Service



NJ WIC Online Shopping & Free Delivery

**BUY FOOD
ONLINE
with WIC**



NJ Healthy Corner Store Initiative



Thank you!

Garden State Conference
on Food Security

