

# North Carolina Food and Nutrition Security State Profile

## Overview

According to the [U.S. Department of Agriculture's Economic Research Service \(USDA ERS\)](#), 12.1% of households in North Carolina (NC) experienced food insecurity between 2018-2020. The prevalence of obesity among adults living in North Carolina was 33.6% in 2020 as reported by the [Behavioral Risk Factor Surveillance System \(BRFSS\)](#).

## Demographic Overview

[2019 U.S. Census](#) data reports North Carolina has an estimated population of 10.48 million. They identify as White (70.6%), Black (22.2%), American Indian and Alaska Native (1.6%), Asian (3.2%), Native Hawaiian and Other Pacific Islander (0.1%) only. According to the 2019 Census report, 9.8% identify as Hispanic or Latino. 13.6% of North Carolina residents experienced poverty in 2019.

## Building Resilient Inclusive Communities (BRIC) - NC BRIC Communities

The following counties will be prioritized by the NC BRIC project: UNC Charlotte campus, Edgecombe County, Halifax County, and Northampton County.

## Food Banks, Pantries and Feeding Programs

There are seven food banks that serve North Carolina. [Feeding the Carolinas](#) is the state association supporting both North and South Carolina food banks.

- [MANNA FoodBank](#)
  - Operates mobile pantries, a backpack program, summer meals program, conducts SNAP outreach, and nutrition education classes.
- [Second Harvest Food Bank of Metrolina](#)
  - Operates Kids Cafe, school pantries, mobile distributions, backpack programs, and senior food boxes.
- [Food Bank of the Albemarle](#)
  - Serves Northampton County.
  - Operates mobile food pantries, backpack programs, and SNAP outreach.
  - View a list of [partner agencies](#).
- [Second Harvest Food Bank Southeast North Carolina](#)
  - Operates a backpack program, mobile pantries, a senior food box program and a community education garden.
  - View a list of [partner agencies](#).
- [Food Bank of Central & Eastern North Carolina](#)
  - Serves Edgecombe and Halifax Counties.
  - Conducts SNAP outreach, nutrition education, a senior food box program, and the summer food service program.

- [Inter-Faith Food Shuttle](#)
  - Conducts nutrition education, Cooking Matters at the Store, and a culinary apprenticeship program.
  - Has its own operating farm.
  - Operates a backpack program, senior grocery bag program, school pantries, and mobile markets.
- [Second Harvest Food Bank of Northwest North Carolina](#)
  - Has a culinary training program, provides nutrition education, operates Summer Food Service Program, and conducts SNAP outreach.

## Select Food and Nutrition Security Programs

### Healthy Food Incentive Programs

- [Double Dollars Incentive Program](#) led by RAFI-USA and Blue Cross Blue Shield North Carolina.
- [Fresh Bucks Incentive Program](#) led by RAFI-USA and the Kate B. Reynolds Charitable Trust.
- Gus Schumacher Nutrition Incentive Program (GusNIP)
  - *Current Funding:*
    - Produce Prescription Program to Encourage Fruit and Vegetable Consumption by Veterans Served the Durham VA Health System (2020-2023) led by [Reinvestment Partners](#).
    - Mountain Wise: “A People Worth Preserving” The Double Up Food Bucks Program (2019-2023) led by [MountainWise Macon County Public Health Department](#).
    - Reinvestment Program Rx Produce Prescription Program: Better Food for Better Health (2019-2022) funded program led by [Reinvestment Partners](#).

### Community Nutrition Education Programs

- Expanded Food and Nutrition Education Program (EFNEP)
  - [North Carolina Cooperative Extension](#)
- Supplemental Nutrition Assistance Program Education (SNAP-ED)
  - The North Carolina Division of Social Services is the state agency responsible for the NC SNAP-Ed program known as Durham’s Innovative Nutrition Education (DINE). SNAP-Ed implementing agencies include:
    - [Alice Aycock Poe Center for Health Education](#)
    - Down East Partnership for Children
    - [Durham County Department of Public Health](#)
    - North Carolina Agricultural and Technical University
    - [North Carolina State University](#)
    - Second Harvest Food Bank of Northwest North Carolina
    - University of North Carolina at Chapel Hill
    - University of North Carolina at Greensboro
  - View more [information](#).

### COVID Response

- Pandemic EBT (P-EBT) Program resources are available at the [NC Department of Health and Human Services](#).

## Food (Policy) Coalitions and Councils

- View the [NC Food Policy Council Directory](#).

## Other Collaborators to Consider

- [North Carolina Alliance for Health](#) “convenes partners to advance equitable policies that reduce health disparities, prevent chronic disease, and promote health.”
- [Society of St. Andrew - North Carolina](#) “brings people together to harvest and share healthy food, reduce food waste, and build caring communities by offering nourishment to hungry neighbors.”

## Data Sources and Resources

- [Existing North Carolina Food Assessments](#) - North Carolina Cooperative Extension
- [NC Profile for Hunger, Poverty, and Federal Nutrition Programs](#) - Food Research and Action Center
- [Power and Benefit on the Plate: The History of Food in Durham, NC](#) - Duke Sanford, World Food Policy Center

---

The Improving Food Security, Access to Safe Physical Activity, and Social Connectedness (otherwise known as the Building Resilient Inclusive Communities, or BRIC) program is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$7,000,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

The National Association of Chronic Disease Directors (NACDD) and its more than 7,000 Members seek to strengthen state-based leadership and expertise for chronic disease prevention and control in states and nationally. For more information, visit [chronicdisease.org](http://chronicdisease.org).