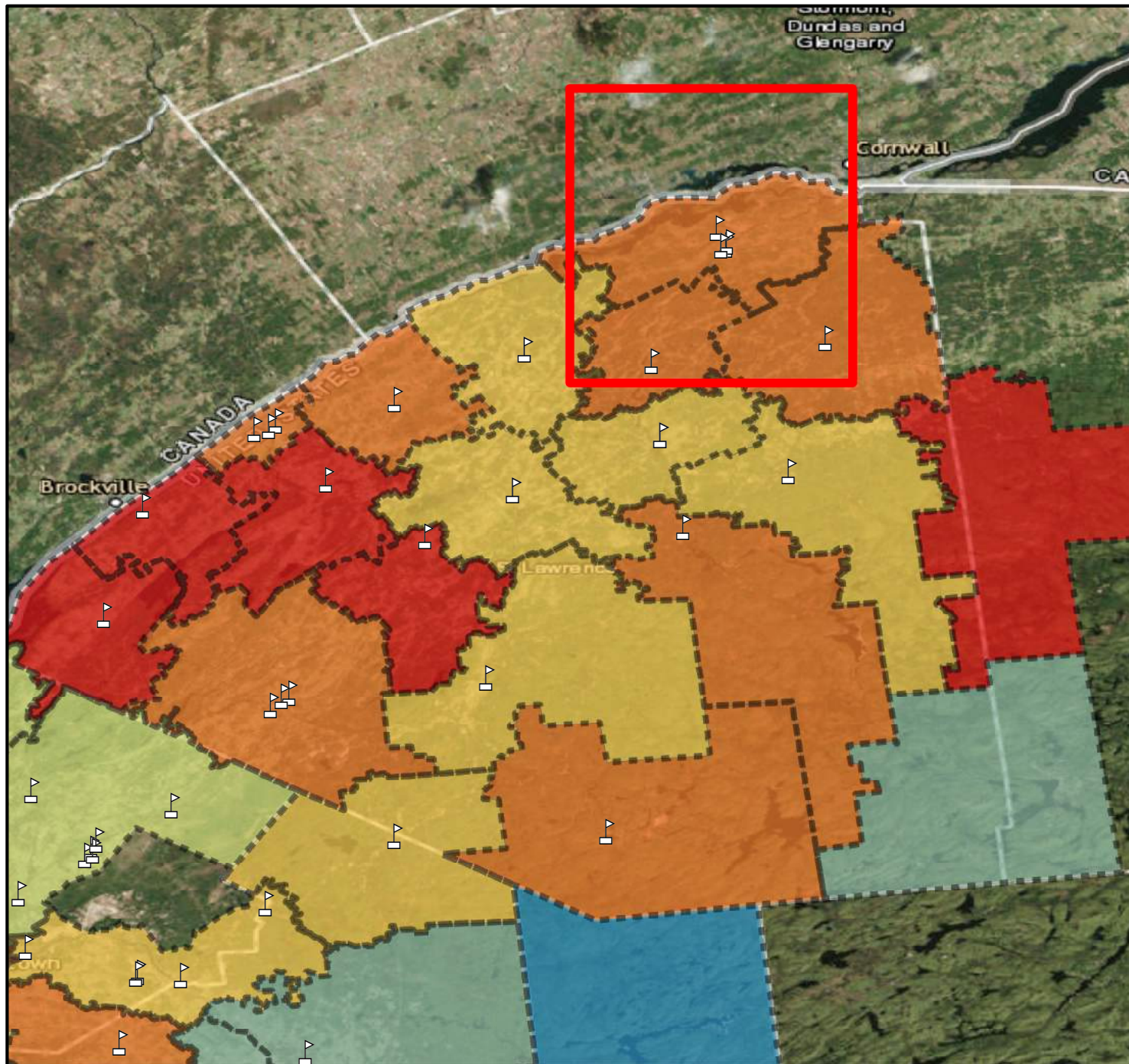


St. Lawrence County Child Poverty, Massena Central School District



Legend

Under 18, Percent Below Poverty Line

- 0.00 - 9.43
- 9.44 - 14.29
- 14.30 - 19.79
- 19.80 - 26.73
- 26.74 - 34.95
- 34.96 - 49.98

Schools

School District Boundaries

Massena Central School District

Population - 17015

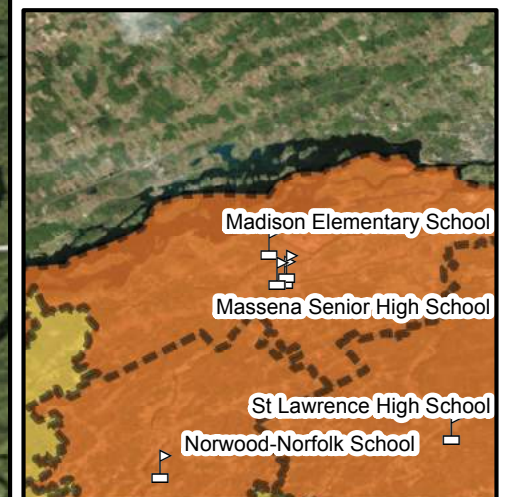
Population Below Poverty Line - 3274

Percent of Population Below Poverty Line - 19.2%

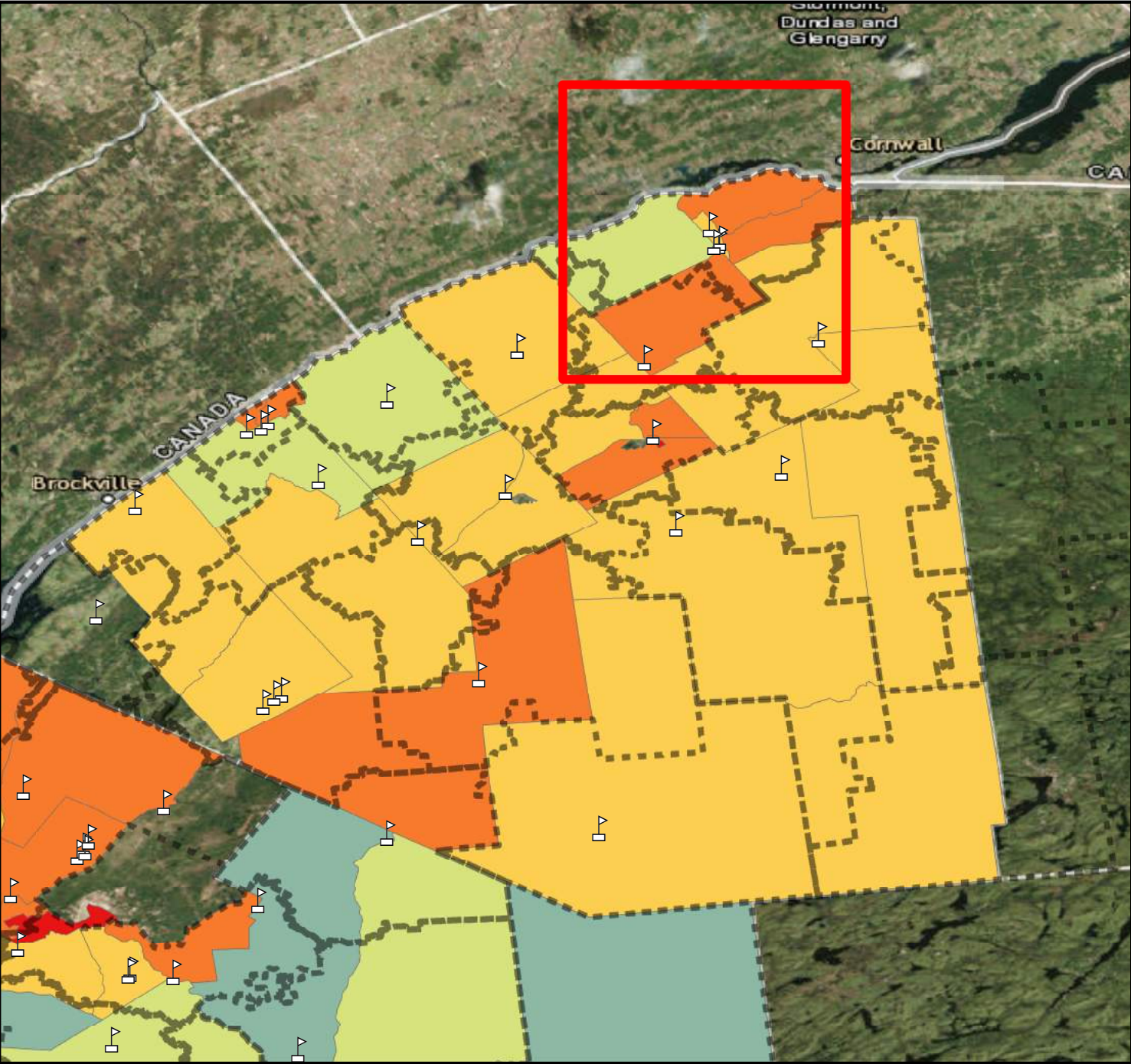
Population Under 18 - 3483

Under 18, Below Poverty Line - 996

Under 18, Percent Below Poverty Line - 28.6%



St. Lawrence County Food Insecurity, Massena Central School District



Legend

Food Insecurity Rates

- 3.60 - 8.30
- 8.31 - 10.90
- 10.91 - 13.10
- 13.11 - 15.60
- 15.61 - 23.60
- 23.61 - 53.00

Schools

School District Boundaries

Massena Central School District

Population - 17015

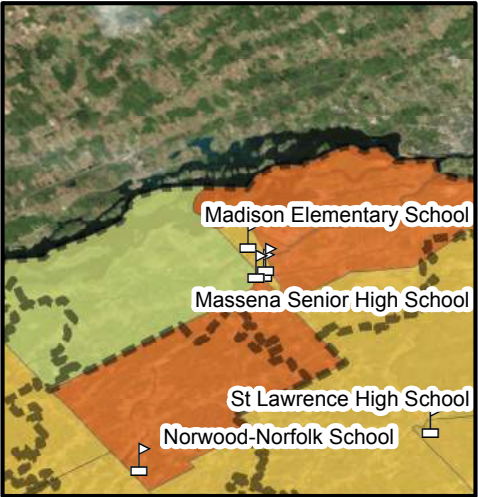
Population Below Poverty Line - 3274

Percent of Population Below Poverty Line - 19 . 2%

Population Under 18 - 3483

Under 18, Below Poverty Line - 996

Under 18, Percent Below Poverty Line - 28 . 6%



The Impact of Child Hunger

Research has shown that childhood food insecurity is connected to a large number of developmental delays or deficiencies in school aged children, including physical, psychological, and behavioral health issues. Conditions linked to childhood food insecurity include:

- “Poorer health of children and adolescents, as reported by parents;
- Lower bone mineral content in adolescent boys;
- Impaired development of non-cognitive abilities (i.e., interpersonal relations, self-control) among school-age children;
- Iron deficiency anemia among young children and adolescents;
- Insecure attachment and less advanced mental proficiency in toddlers;
- Higher rates of developmental risk among young children;
- More stomach aches, frequent headaches, and colds among children;
- Higher hospitalization rates among young children;
- Behavioral problems among 3-year-old children;
- Lower physical function among children ages 3-8;
- Poorer psychosocial function and psychosocial development among school-age children;
- Higher rates of depressive disorder and suicidal symptoms among adolescents;
- More anxiety and depression among school-age children;
- Higher numbers of chronic health conditions among children;
- More “internalizing” behavior problems (such as withdrawal or anxiety) among children;
- Lower math achievement and math progress in kindergartners;
- Lower math and reading gains from kindergarten to third grade; and
- Lower arithmetic scores and higher likelihood of repeating a grade among children ages 6-11.”¹

Many of these issues are directly linked to performance in school, both academically and behaviorally. By increasing knowledge of how schools can be involved in the fight against child hunger, we can strive to improve conditions for children not only in their personal lives, but also in how well they are able to perform in schools.

¹ Coleman-Jensen, Alisha, William McFall and Mark Nord. *Food Insecurity in Households With Children: Prevalence, Severity, and Household Characteristics, 2010-11*, EIB-113, U.S. Department of Agriculture, Economic Research Service, May 2013.

Food Pantries and Soup Kitchens

Food pantries provide a limited amount of groceries to be prepared at home, usually on a once per month basis, based on the number of people in your household. Knowing where to go when you're running low on food or SNAP dollars is important, and your local pantry is a great resource to keep in mind! Call the Food Bank of Central New York at (315) 437-1899 x 0 to learn where your home pantry is.

Soup kitchens provide meals free of charge on a regular schedule. The days and hours of each soup kitchen are different, though most are open either weekly or monthly. To find the nearest soup kitchen to you and their hours, check online at http://www.foodbankcny.org/get-help/program_search/ or call the Food Bank of Central New York.

For a referral to your local food pantry or soup kitchen, call the Food Bank of Central New York weekdays between 8 AM and 4:30 PM at (315) 437-1899 x 0. After 4:30 PM, contact the Volunteer Center HELPLINE at (315) 474-7011.

Food\$en\$e

Food \$en\$e is designed to increase self-sufficiency by helping individuals stretch their food dollars. Participants receive a monthly package of 10-12 food items , including fresh fruits and vegetables, meats, and staple food items, for \$15.50.

Monthly Food \$en\$e packages are created by the Food Bank and a newsletter is generated and distributed to each site coordinator. The coordinators are responsible for taking orders from customers, placing the order to the Food Bank and distributing the packages on a specific date. The monthly newsletter includes information for the coordinators, the current month's Food \$en\$e package, the projected package for the following month, and recipes using food items from the unit.

Anyone wishing to stretch their food dollars can participate. The cost of the package is \$15.50 and participants pre-pay with cash or EBT card. Food \$en\$e packages are available to participants at the end of each month.

Food\$en\$e Sites in St. Lawrence County

Contact the coordinator at the site nearest to you to sign up. Everyone is eligible!

Gouverneur Neighborhood Center

15 Rock Island St., Gouverneur NY, 13642
Peggy Cronk
(315) 287-3370

Hammond Fire Hall

300 Lake Street, Hammond NY, 13646
Darlene Mason
(315) 324 - 6525

Presbyterian Church

311 Franklin Street, Ogdensburg NY, 13669
Wendy Flood
(315) 393-2510

Potsdam Neighborhood Center

2 Park Street, Potsdam NY, 13676
Daisy Cox
(315) 265-3920

Canton

5 West Street, Canton NY, 13654
Lisa Vankirk
(315) 386-3541

Check for updates and sites in other counties at <http://www.foodbankcny.org/get-help/community-services/food-sense/>

SNAP

(Supplemental Nutrition Assistance Program)

SNAP can help you eat healthy! The Supplemental Nutrition Assistance Program (formerly "Food Stamps") is a federal aid program that provides assistance with grocery expenses for people below certain income guidelines (shown below). Eligible applicants receive an EBT card (like a debit card) that is refilled monthly and can be used like cash at most grocery stores. The amount on the card each month depends on the applicant's household size, income, assets, and other factors.

Income Guidelines (households with no elderly or disabled members)		
Family Size	Monthly Gross Income	Annual Gross Income
1	\$1,276	\$15,312
2	\$1,726	\$20,712
3	\$2,177	\$26,124
4	\$2,628	\$31,536
Each additional person	\$451 +	\$5,412 +

Income Guidelines (households with an elderly or disabled member and households with dependent care expenses)		
Family Size	Monthly Gross Income	Annual Gross Income
1	\$1,962	\$23,544
2	\$2,655	\$31,860
3	\$3,348	\$40,176
4	\$4,042	\$48,504
Each additional person	\$693 +	\$8,316 +

The only way to know if you're eligible is to apply!

Contact your NOEP to check your eligibility for SNAP, or apply online at <https://mybenefits.ny.gov/>

North County Prenatal/Perinatal Council, Inc.
 200 Washington Street, Suite 300 Watertown NY 13601
 Jennifer McAvoy
 315-836-6480
slcnoep@ncppc.org

WIC (Women, Infants and Children)

WIC (Women, Infants and Children) is a federal aid program that provides supplemental nutritious foods, nutrition education and counseling, and screening and referrals to other health, welfare and social services agencies for pregnant women and children under the age of five. Qualifying applicants receive checks that can be used to purchase specified nutritious foods on a monthly basis.

To qualify for WIC, you must be:

- a pregnant woman,
- an infant or child up to five years old,
- a mother of a baby up to six months old,
- OR a breastfeeding mother of a baby up to 12 months old.
-

AND

- Be a resident of New York State, but you do not need to be a U.S. citizen.
- Meet the income eligibility guidelines (shown below) OR receive benefits from Food Stamps, Medicaid or Temporary Assistance for Needy Families
- Be assessed by a WIC health care professional.

Household Size	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$21,775	\$1,815	\$908	\$838	\$419
2	\$29,471	\$2,456	\$1,228	\$1,134	\$567
3	\$37,167	\$3,098	\$1,549	\$1,430	\$715
4	\$44,863	\$3,739	\$1,870	\$1,726	\$863
5	\$52,559	\$4,380	\$2,190	\$2,022	\$1,011
6	\$60,255	\$5,022	\$2,511	\$2,318	\$1,159
7	\$67,951	\$5,663	\$2,832	\$2,614	\$1,307
8	\$75,647	\$6,304	\$3,152	\$2,910	\$1,455
Each additional:	+\$7,696	+\$642	+\$321	+\$296	+\$148

Apply for WIC by contacting your local agency:

North Country Family Health Center,
3 Remington Avenue, Canton, NY 13617
(315) 386 - 8128

Home Energy Assistance Program (HEAP)

The Home Energy Assistance Program (HEAP) is a grant program in place to assist low-income households in paying for energy costs over the winter. Eligible applicants receive credit towards their energy bill based on their monthly income and source of heating. Applications for HEAP generally open in mid-November and remain open until funds are exhausted. If you are facing a heating emergency, such as a heating shut off or less than a ten day supply of fuel, contact your county about receiving an emergency HEAP benefit.

The best way to know if you're eligible is to contact your local department of social services to apply!

Apply for HEAP online at <https://mybenefits.ny.gov/> OR contact your local department of social services:

St. Lawrence County Department of Social Services

6 Judson Street
Canton, New York 13617
(315) 379-2303

Alternate Certifier

St. Lawrence County CDP (Gouverneur Neighborhood Center)
1 Commerce Lane
Canton, New York 13617
(315) 287-3370

After Hours Emergency Contact

St. Lawrence County Sheriff's Department
(315) 379-2222

2015-16 Gross Monthly Income Guidelines

Household Size	Maximum Gross Monthly Income
1	\$2244
2	\$2935
3	\$3625
4	\$4316
5	\$5006
6	\$5697
7	\$5826
8	\$5956
9	\$6085
10	\$6215
11	\$6671
Each additional	Add \$520

SNAP to Market: Utilize Your SNAP Benefits at a Farmers Market Near You!

Get the most out of your SNAP benefits and support your farming community by using SNAP at a local farmers market!

Many farmers markets across New York state accept SNAP dollars, and some even offer benefits, such as doubling every dollar spent using SNAP at the market, allowing you to get even more out of every dollar.

Farmers Markets in St. Lawrence County that Accept SNAP

Gouverneur Farmers Market

Village Green, Church St.

Gouverneur, NY 13642

Hours: Thursday 9am-2pm June to Oct.

DeKalb Farmers Market

4420 US 11, DeKalb, NY

Hours: Wednesday 1pm-6pm Late May to Mid Oct.

Canton Farmers Market

Village Green, Main & Park Sts

Canton, NY 13617

Hours: Tuesday & Friday 9am-2pm May to Oct.

Martin's Farmstand

11 Needham Rd.

Potsdam, NY 13676

Hours: Roadside Stand: Monday-Saturday 10am-6pm,

May to Nov. Online Market orders taken Mon.-Wed.

Year Round

Potsdam Winter Market

Cheel Arena Lobby, Clarkson University

Potsdam, NY 13676

Hours: Saturday 8:30am-Noon Nov. to April

Potsdam Farmers Market

Ives Park, 1 Main St.

Municipal parking lot

Potsdam, NY 13676

Hours: Saturday 9am-2pm May to Oct.

Whitten Farm Mobile Market

Mayfield Senior Apts, May Rd.

Potsdam, NY 13676

Hours: Monday: 10am-11pm

Hammond Farmers and Artisans Market

Hammond Museum, 1A North Main St.

Hammond, NY 13646

Hours: Wednesday 3:30-7pm July to Sept.

Norwood Farmers Market

Park Square on Main St.

Norwood, NY 13668

Hours: Monday 10am-5pm July to Oct.

Massena Farmers Market

Triple A Building Supply Parking Lot, 3 Malby Ave

Massena, NY 13662

Hours: Thursday 10am-5pm July to Oct.

Check for updates and for markets that accept SNAP in other counties at snaptomarket.com