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On Behalf Of:
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Food security is a critical issue, especially in single mother households where the challenges of providing for a family are often compounded. According to the USDA, in 2023, 38.7% of households headed by single mothers were food insecure, compared to the national average of 13.5%. Ensuring that these households have consistent access to nutritious food is essential for the health and well-being of both the mother and her children. Consider the story of Maria, a single mother of two young children. Maria works two jobs to make ends meet, but despite her hard work, she often struggles to put enough food on the table. The stress of food insecurity affects her ability to focus at work and impacts her children's performance in school. When a local food assistance program stepped in to help, Maria was able to provide regular, nutritious meals for her family. This support not only improved their physical health but also alleviated Maria's stress, allowing her to focus on her career and her children's education. By advocating for policies and programs that support food security, we can help single mothers like Maria focus on their careers, education, and personal growth, ultimately leading to stronger, more resilient communities.