

Hunger is a policy choice.

The decisions we make at the ballot box matter.

HUNGER
ON THE
BALLOT

foodbank
OF CENTRAL & EASTERN NORTH CAROLINA

Whether at the polls or in government buildings across the state, hunger is always on the ballot in some way.

People facing hunger know what it's like to make impossible decisions between food or gas, rent or medical bills, childcare or utilities. As the cost of living continues to rise and support becomes harder to find, it's important that politicians who want to represent us understand our experiences.

Hunger is a problem we can solve together — but only if we make our voices heard. Find voter registration details, polling locations, sample ballots, and more at **FoodBankCENC.org/ballot**.



WHO CAN VOTE

To vote in North Carolina you must...

- ✓ Be a U.S. citizen (documents are not required to register)
- ✓ Live in the county where you are registering
- ✓ Reside in that county for at least 30 days prior to Election Day (except for military and overseas families)
- ✓ Be at least 18 years old by the date of the general election
- ✓ Not be serving a felony sentence, including any period of probation, post-release supervision, or parole



WHERE TO CAST YOUR BALLOT

There are three ways to vote:

- **By Mail:** Any registered voter can vote by mail; you don't need a special excuse. Request your ballot by 5PM on the Tuesday two weeks before Election Day — and make sure it's returned by 7:30pm on Election Day.
- **At an Early Vote Site:** You can avoid long lines and vote based on your schedule, with locations open for 17 days, ending the Saturday before Election Day. You can also register to vote or update your registration on site.
- **On Election Day:** Stop by your neighborhood's polling location on Tuesday, November 3rd, anytime between 6:30AM and 7:30PM. Anyone in line by 7:30PM can still vote.
Remember to bring your ID!

HOW TO HELP END HUNGER

We can make real progress when elected leaders listen to our experiences and understand what our communities need. So it's important that we all make our voices heard — by email, mail, phone, and at the ballot box. No matter your voting status, you can make a difference!

- Encourage and educate people who can vote
- Forward this guide to everyone you know
- Share the issues that matter most in your community
- Post info on social media or write letters to your newspaper
- Sign up to take action on policies that fight hunger



Remember: You now need to show an NC driver's license or other photo ID to vote with a regular ballot!

Find voter registration details, polling locations, sample ballots, and more at **FoodBankCENC.org/ballot**. Scan QR code for additional resources.



Who's Who in Hunger?

Learn who makes the decisions that affect us in federal, state, and local government.



Through budgets and policies, elected leaders decide who has access to food and other essentials in our community. State Representatives and Senators set funding for food purchases and distribution. Members of Congress determine who is eligible for SNAP (FNS or 'food stamps') and how much support families receive for groceries. Local elected officials influence whether school meals, backpack programs, and other support is available to kids and teens.

U.S. CONGRESS

The U.S. House of Representatives and the U.S. Senate make federal laws with no limit on the number of terms a member can serve. In North Carolina, all 14 Representatives and one of our two Senators are on the ballot, working to be our voice in Congress.

- Passes laws about who is eligible for nutrition programs like SNAP/FNS, WIC, school meals, and senior food boxes — and how long people receive assistance
- Creates programs that help farmers stay afloat and provide food to hunger relief organizations
- Decides whether to cut or increase funding for these programs — as well as direct support for farmers, food banks, and families facing hunger

NC GENERAL ASSEMBLY

Like Congress, our state General Assembly is divided into two houses: the Senate and the House of Representatives. Legislators are in charge of making state laws and funding budget priorities. We each have one State Senator and one State Representative, and both are up for election every two years.

- Makes decisions about how much money food banks and schools receive to buy food from North Carolina farms
- Provides funding for SNAP, WIC, kids summer meals, senior food vouchers, and emergency food assistance in disasters
- Makes decisions about who is eligible for social service programs like Temporary Assistance for Needy Families (TANF), healthcare, and childcare

COUNTY COMMISSION & BOARD OF EDUCATION

In North Carolina, many social services, education decisions, and employment programs are funded and managed at the county level — and each county is run differently.

- *County Officials* control enrollment for SNAP grocery support, healthcare coverage through Medicaid, and cash assistance like Temporary Assistance for Needy Families (called 'TANF' or 'Work First' in North Carolina)
- *Local Boards of Education* determine how many children can receive no-cost school meals, whether students can be excluded due to "lunch debt," if families have access to afterschool snacks and backpack programs, and more

BALLOT MEASURES

Decisions on some issues are put directly before voters in the form of "ballot measures," where we can vote yes or no on a tax or policy change. Two measures on the ballot this fall could severely limit the revenue our state and counties need to support children, seniors, veterans, and people with disabilities.

- Right now, a low-income household making less than \$22,000 a year pays 11% in income taxes, while people bringing in more than \$1 million annually pay just 6%. The Income Tax measure would lock in this imbalance without putting money back into the average person's pocket. If you believe legislators should ensure millionaires and wealthy corporations pay a fair share for public services, you would **Vote Against the Income Tax Cap**.
- Following severe cuts to federal funding for SNAP and Medicaid, counties are shouldering millions more in costs to support families. And with fewer dollars available at the state level, counties must rely more on local tax revenue to maintain libraries, schools, and public spaces — especially in rural communities. If you believe we should protect local funding for vital services, you would **Vote Against the Tax Levy Limit**.

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