By Susan Lang

Even when poor rural families receive food stamps from the U.S. Department of Agriculture, the families do not have enough food, according to a new study by nutritionists at Cornell and their colleagues from several other land-grant universities.

The researchers found that about half of the families in their study used food stamps, and half of these families said they did not have enough to eat. Important factors affecting whether poor rural families have enough to eat, the researchers say, are a mother’s financial management skills, her depressive symptoms and her difficulty in paying medical bills.

“Because using food stamps has such a stigma in the United States, particularly in rural areas, only those families who are the worst off tend to use food stamps,” explained Christine Olson, professor of nutritional sciences at Cornell and the lead author of the study, which is published in the current issue of Family Economics and Nutrition Review (Vol. 16, No. 1). “However, using food stamps is not enough to raise the standard of living among these very poor families to a point where they are no longer food insecure.”

The study found that about half of the rural low-income families studied were “food insecure,” defined as the limited or uncertain availability of nutritionally adequate and safe food. Olson and her co-authors interviewed 316 low-income families in seven states. They found that controlling for income and financial resources, one of the most significant factors in predicting whether a family was food insecure was how many food and financial skills the mother used. The more skills she used, such as managing bills, making a budget, stretching foods and preparing meals, the less likely she was to have a food-insecure household.

“Her study is important because it’s the first to show how important the food and financial skills and the health of

CU researcher: Half of all Americans will use food stamps during adulthood

By Bill Steele

The researchers found that about half of the families in their study were “food insecure,” defined as the limited or uncertain availability of nutritionally adequate and safe food. Olson and her co-authors interviewed 316 low-income families in seven states. They found that controlling for income and financial resources, one of the most significant factors in predicting whether a family was food insecure was how many food and financial skills the mother used. The more skills she used, such as managing bills, making a budget, stretching foods and preparing meals, the less likely she was to have a food-insecure household.

“Her study is important because it’s the first to show how important the food and financial skills and the health of

CU apparatus probes mysterious behavior of hi-temp superconductor

By By Bill Steele

The researchers found that about half of the families in their study were “food insecure,” defined as the limited or uncertain availability of nutritionally adequate and safe food. Olson and her co-authors interviewed 316 low-income families in seven states. They found that controlling for income and financial resources, one of the most significant factors in predicting whether a family was food insecure was how many food and financial skills the mother used. The more skills she used, such as managing bills, making a budget, stretching foods and preparing meals, the less likely she was to have a food-insecure household.

“Her study is important because it’s the first to show how important the food and financial skills and the health of

By Susan Lang

Even when poor rural families receive food stamps from the U.S. Department of Agriculture, the families do not have enough food, according to a new study by nutritionists at Cornell and their colleagues from several other land-grant universities.

The researchers found that about half of the families in their study used food stamps, and half of these families said they did not have enough to eat. Important factors affecting whether poor rural families have enough to eat, the researchers say, are a mother’s financial management skills, her depressive symptoms and her difficulty in paying medical bills.

“Because using food stamps has such a stigma in the United States, particularly in rural areas, only those families who are the worst off tend to use food stamps,” explained Christine Olson, professor of nutritional sciences at Cornell and the lead author of the study, which is published in the current issue of Family Economics and Nutrition Review (Vol. 16, No. 1). “However, using food stamps is not enough to raise the standard of living among these very poor families to a point where they are no longer food insecure.”

The study found that about half of the rural low-income families studied were “food insecure,” defined as the limited or uncertain availability of nutritionally adequate and safe food. Olson and her co-authors interviewed 316 low-income families in seven states. They found that controlling for income and financial resources, one of the most significant factors in predicting whether a family was food insecure was how many food and financial skills the mother used. The more skills she used, such as managing bills, making a budget, stretching foods and preparing meals, the less likely she was to have a food-insecure household.

“Her study is important because it’s the first to show how important the food and financial skills and the health of

C U researcher: Half of all Americans will use food stamps during adulthood

By By Bill Steele

The researchers found that about half of the families in their study were “food insecure,” defined as the limited or uncertain availability of nutritionally adequate and safe food. Olson and her co-authors interviewed 316 low-income families in seven states. They found that controlling for income and financial resources, one of the most significant factors in predicting whether a family was food insecure was how many food and financial skills the mother used. The more skills she used, such as managing bills, making a budget, stretching foods and preparing meals, the less likely she was to have a food-insecure household.

“Her study is important because it’s the first to show how important the food and financial skills and the health of

By Susan Lang

Even when poor rural families receive food stamps from the U.S. Department of Agriculture, the families do not have enough food, according to a new study by nutritionists at Cornell and their colleagues from several other land-grant universities.

The researchers found that about half of the families in their study used food stamps, and half of these families said they did not have enough to eat. Important factors affecting whether poor rural families have enough to eat, the researchers say, are a mother’s financial management skills, her depressive symptoms and her difficulty in paying medical bills.

“Because using food stamps has such a stigma in the United States, particularly in rural areas, only those families who are the worst off tend to use food stamps,” explained Christine Olson, professor of nutritional sciences at Cornell and the lead author of the study, which is published in the current issue of Family Economics and Nutrition Review (Vol. 16, No. 1). “However, using food stamps is not enough to raise the standard of living among these very poor families to a point where they are no longer food insecure.”

The study found that about half of the rural low-income families studied were “food insecure,” defined as the limited or uncertain availability of nutritionally adequate and safe food. Olson and her co-authors interviewed 316 low-income families in seven states. They found that controlling for income and financial resources, one of the most significant factors in predicting whether a family was food insecure was how many food and financial skills the mother used. The more skills she used, such as managing bills, making a budget, stretching foods and preparing meals, the less likely she was to have a food-insecure household.

“Her study is important because it’s the first to show how important the food and financial skills and the health of