

MY

Who faces hunger in Arizona?

STORY



Elfrida Francis
Winslow, Arizona

SNAP gives me the reassurance that my family will have nutritious meals. I live in Winslow, Arizona, in rural northern Arizona. I am a member of the Navajo Tribe and grew up on the Navajo Nation. While most of my family still live on the Navajo Nation, I moved to Winslow 15 years ago to find a job.

Today I work at the Northern Arizona Council of Governments (NACOG) Head Start Program as a teacher's aide. It's a great job, I've been here for 3 ½ years, but my salary barely covers rent, utilities, transportation and the cost of raising my 3 children ages, 10, 7 and 4. There are few jobs in Navajo County that pay a livable wage. I thought about moving to Phoenix, but it's too crowded and I would have no one to help me with the kids.

My family receives \$380 each month in SNAP, this is enough to last the month because I cook everything from scratch, and often start making dinner before I leave for work in the morning. My mother lives nearby and in the summer when she comes over to watch the kids, I leave her instructions on what to cook. I'm a believer that children should not eat frozen or processed foods and SNAP allows me to buy fresh vegetables and meat. Without SNAP I don't know what we would do. I guess we would get a food box or have to ask family for help.