Households experiencing ALICE have few means to change the educational trajectory that places low-income students in poorer quality schools and increases their risk for not graduating high school or attending college.

Having enough food is a basic challenge for those experiencing ALICE. **Chronic food insecurity** leads to less healthy eating and increased stress, both of which contribute to poor health.

Families experiencing ALICE face circumstances that make it difficult for them to **achieve and maintain good health**. When health issues go untreated, they become more serious and more costly, and lead to other poor outcomes.

**Quality child care** is critical to a child’s development, as well as to a family’s income stability and growth. Yet many families experiencing ALICE struggle to obtain this essential need, for reasons including affordability, quality, assistance, and availability.

ALICE households struggle to afford day-to-day expenses making it nearly impossible to save for emergencies or future financial goals. Without savings, they are vulnerable to unexpected emergencies and ongoing financial hardships.

If you are experiencing ALICE, call the 211 Texas/United Way HELPLINE to get started on a pathway to a stronger future. **Just dial 211.**