A food tax hurts those who can least afford it

Some of the revenue sources and benefits far outweigh the costs of a food tax, particularly for the New Mexico legislature. In essence, a food tax makes it more expensive for people to buy food, effectively forcing them to spend less on other necessities. This can lead to a cycle of poverty, where families are already struggling to make ends meet, struggling even further. The legislature must ensure that their actions are mindful of the impact these policies will have on the most vulnerable members of our society.

Mackenzie Frederick, a coordinator for Bridges Project (bridges.org/scholarship/) for Education.

What are the advantages that researchers link to all types of postsecondary training and education? What are the barriers to the road to full opportunities? Direct benefits, and increased income, health advantages, community engagement, volun-
tering and volunteerism, and self-assessed happiness are all additional assets. When individuals succeed, they bring prosperity to their community. Skilled trades are lucrative professions, with high salaries and benefits that are competitive with those in need.

Bridges exists to help if your question is something like the bills that they come to us with sorrow and ask for family help. None of these is trivial or dis-
couraging. People become so accustomed to their taxes, so less food is avail-
able for those in need. These are the ways to make the budget work.

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