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**Channel One Regional Food Bank Statement on
New Second Harvest Heartland Data on Hunger in Minnesota**

Study shows that 1 in 5 Minnesota households are food insecure – with 18% of households receiving hunger relief help

ROCHESTER, Minn.—[Second Harvest Heartland](#) released the results of its recent Statewide Hunger Study, showing that 1 in 5 Minnesota households are experiencing food insecurity and cannot afford the food they need. [Channel One Regional Food Bank](#) works closely with Second Harvest Heartland and the other three [Feeding America](#) food banks serving Minnesota to source and distribute food to food pantries statewide.

According to the study:

- 1 in 5 Minnesota households are food insecure
- 18% of the state is supported by the emergency food system
- 30% of households in Minnesota are not confident about having enough food in the next year

“This data is extremely important to our work as it gives us real time information about what Minnesotans are experiencing. With this information along with targeted maps of hunger hot spots and the food programs available in those areas we can strengthen our efforts where they are needed most,” said Virginia Witherspoon, Channel One executive director. “This data shines a light on what food banks and food shelves are currently seeing in their work and how devastating the issue of food insecurity has become in Minnesota. We hope that the community reflects on these numbers and considers volunteering at their local food shelf or donating to Channel One to support our neighbors.”

The Statewide Hunger Study findings also show inequities across race, age and geography.

- Only 60% of households of color are food-secure, compared to 84% of white households.
- 26% of households with children are food insecure.
- Additionally, food insecurity is slightly lower in southeastern Minnesota, but 16% of households in Channel One’s service area still identify as food insecure.

This data differs from typical sources in that it assesses the need in more detail, is state-specific and, crucially, doesn't suffer from reporting lag – meaning Minnesota's hunger relief network can apply strategy in real-time.

About Channel One Regional Food Bank

Channel One Regional Food Bank, a member of Feeding America, strengthens food access and builds healthy communities. Channel One operates food programs to serve local and area needs such as: a food bank, a food shelf, mobile pantries, Kitchen Coalition, and the Commodity Supplemental Food Program (CSFP). Channel One Regional Food Bank mobilizes organizations, volunteers, and donors to serve the network of over 125 nonprofit programs that provide food for children, adults, and families in need. Channel One serves 14 counties across southeastern Minnesota and western Wisconsin. For more information, call 507.287.2350 or visit HelpingFeedPeople.org.

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