

2019 March Campaign

Hunger Facts

Nearly one in ten Minnesotans experience food insecurity.¹

13.8% of children in Minnesota are food insecure.²

9.5% of Minnesotans live below the poverty level.³

Over 3,000,000 visits were made to Minnesota food shelves *each year*, 2011-2017, with over 3.4 million visits in 2017.⁴

The number of food insecure seniors and seniors utilizing food shelves continues to increase.⁵

Minnesota's charitable food system (food shelves and food banks, meal programs, etc.) continues to run at capacity. Supporting government programs like SNAP ("food stamps") *and* creating a more just and equitable food system are integral parts of meeting the needs of food insecure households and working toward ending hunger in our communities.

Definitions

Food security is "access by all people at all times to enough food for an active, healthy life."⁶

Food insecurity means access to adequate food is inconsistent and limited by a lack of money and other resources throughout the year. Food insecure households report their diets to be of reduced quality, variety, or desirability and/or experience disrupted eating patterns and reduced food intake.⁷

Equitable access to food means all individuals have "a voice in and access to a nourishing food system," regardless of race, socioeconomic class, location, gender, and other social identities.⁸

Food justice is the concept that communities have the right to grow, sell, and eat healthy, affordable, culturally appropriate food whose production supports the well-being of the land, workers, and animals." Food justice is based on the idea that "access to nourishing food is a basic human right."⁹



¹ US Department of Agriculture, Household Food Security in the United States, 2017

² Feeding America, Map the Meal Gap, 2015

³ U.S. Census Bureau, Decennial Census and American Community Survey.

⁴ <http://www.hungersolutions.org/data-posts/food-shelves-see-record-number-of-visits-in-2017/>

⁵ <http://www.hungersolutions.org/data-posts/food-shelves-see-record-number-of-visits-in-2017/>

⁶ US Department of Agriculture, Economic Research Service, 2016

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⁸ <https://www.extension.iastate.edu/localfoods/resources-2/food-systems-equity/>

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