Hunger and Food Security

Hunger
Hunger

- Food insecurity
Hunger
Food insecurity

- Interventions

Hunger

1 in 30
Food insecurity

1 in 7
Essential questions

- What is hunger? How can we measure it?
- How can we measure food security?
- Why is there hunger and food insecurity in the United States?
- How should hunger and food insecurity be addressed?
- Who should be responsible for addressing hunger and food insecurity?
Hunger

Food security

Interventions

1930s: Great Depression

Right: Franklin D. Roosevelt Library. Circa 1932. Long line of people waiting to be fed: New York City: in the absence of substantial government relief programs... free food was distributed with private funds in some urban centers to large numbers of the unemployed. Public domain.
1930s: Federal assistance

- Government bought agricultural surplus
- Distributed it to help farmers, relieve hunger
Federal programs expand

- 1939: Food stamps
- 1946: National School Lunch Program

1960s: Hunger in America

- 1968 CBS Documentary
- Exposed domestic hunger

1960s: Federal response

- Expanded Food Stamp Program
- School Breakfast Program
- Free, reduce priced school meals
- WIC
Emergency food programs

Left: U.S. Navy volunteers at a food bank. Right: U.S. Navy volunteers in a soup kitchen. Available at Wikimedia Commons.
Emergency food programs

Criticisms:

- “Culture of charity”
- “Dismiss responsibility to the poor”
- “Kinder, but less just”
Hunger

- Food security

Interventions

Household food security

1. “The food that we bought just didn’t last, and we didn’t have money to get more.”

2. “We couldn’t afford to eat balanced meals.”

3. “We cut the size of meals, or had to skip meals, because there wasn’t enough money for food.”

4. “I ate less than I felt I should because we didn't have enough money for food.”

5. “I was hungry but didn’t eat because we didn't have enough money for food.”
Household food security

- 0-1 steps forward: Food secure
- 2-4 steps forward: Low food security
- 5-6 steps forward: Very low food security
Food insecurity

1 in 7
Contributors: Key factors
Contributors: Key factors

Availability

Stability

Access

Contributors: Poverty

Above the U.S. poverty level: **7%**

Below the U.S. poverty level: **40%**
Contributors: Food environments

Consequences
Consequences

- Obesity
- Diabetes
- Nutrient deficiencies
- Low fruit and vegetable intake
Consequences: obesity

Cheaper, per calorie:

- Added fats
- Added sugars
- Refined grains

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Consequences: children

Hunger

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Federal programs

1 in 5 Americans participate
Federal programs: economic benefits

- SNAP benefit of $1
Federal programs: economic benefits

- SNAP benefit of $1
- Prompts spending of $1.47
Federal programs: economic benefits

- SNAP benefit of $1
- Prompts spending of $1.47
- Supports businesses

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Limitations

- Eligibility for federal assistance
- Federal poverty level

} Estimated cost of an adequate diet
Limitations

Spending, by category:

- Housing, transportation, etc.
- Food

![Pie charts comparing spending by category in 1963 and 2000]
Community food security

Culturally appropriate  Builds self-reliance  Sustainable

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Teaching the Food System | A project of the Johns Hopkins Center for a Livable Future
Community food security

Regional

Emphasizes community decision-making

Community food security

Residents | Farmers | Retailers | Policy makers
