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 \textit{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") \textit{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

\textit{Food security} is “access by all people at all times to enough food for an active, healthy life.”\(^6\)

\textit{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.\(^7\)

\textit{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.\(^8\)

\textit{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.
\(^7\) US Department of Agriculture, Economic Research Service, 2016
\(^8\) https://www.extension.iastate.edu/localfoods/resources-2/food-systems-equity/
\(^9\) https://www.extension.iastate.edu/localfoods/resources-2/food-systems-equity/