



*1 in 8 Americans will face food insecurity, more than 38M people.\**

# Food insecurity in America

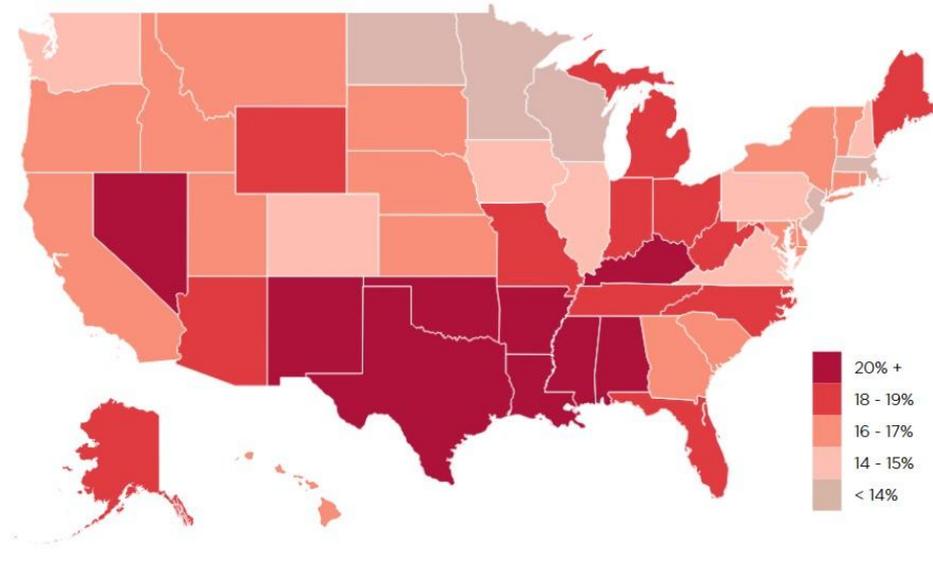
*\*According to [feedingamerica.org](https://www.feedingamerica.org)*

# What is food Insecurity?

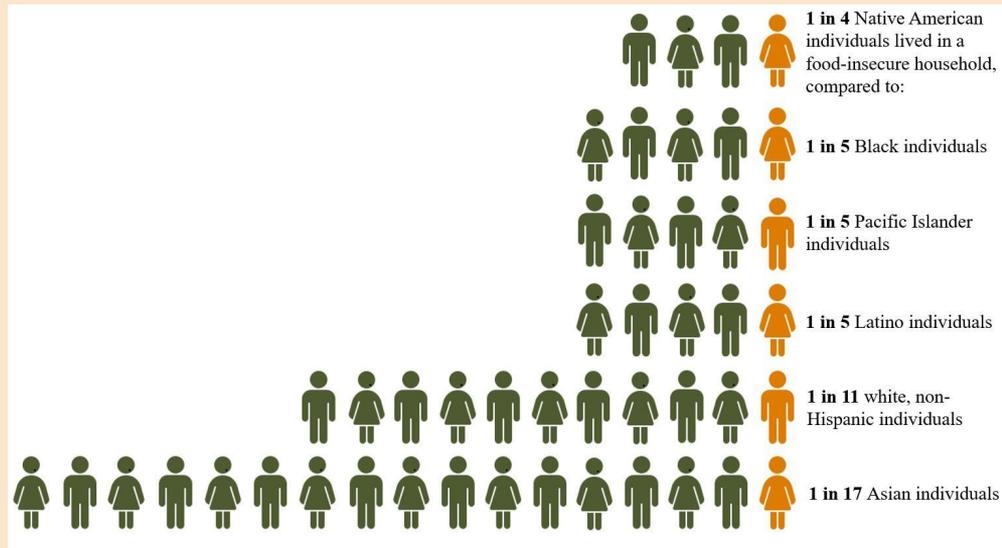
The USDA defines food insecurity as “a lack of consistent access to enough food for an active, healthy life.”

Food insecurity affects those of lower income, impacting mostly communities with mostly minorities.

Figure 1. Projected rates of food insecurity among the overall population in 2020 by state



## Hunger is more prevalent in minority groups



*"Black and Hispanic groups remain disproportionately affected by food insecurity at a rate of 21.2% and 16.2%, respectively, while the national average was 11.1%"\* as stated by Danielle Xiaodan Morales in their springer article*

*\*According to <https://link.springer.com/article/10.1007/s40615-020-00892-7>*

# Causes for food insecurity

Poverty- There is a direct link with food insecurity and limited amount of money

Lack of resources: food deserts not allowing families in impoverished areas access to healthy foods.

Low-income and food-insecure people are vulnerable to poor nutrition and obesity for a number of reasons

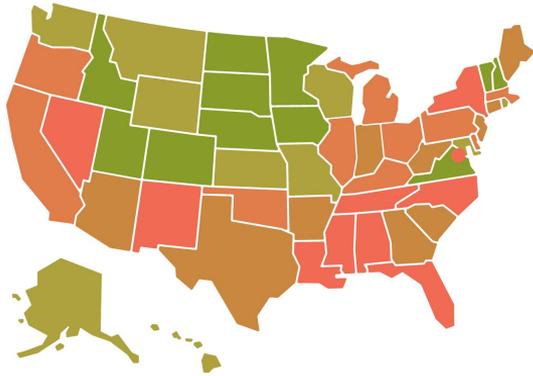
- limited resources
- lack of healthy, affordable food access
- cycles of food deprivation & overeating
- high levels of stress, anxiety, & depression
- fewer opportunities for physical activity
- greater exposure to food marketing
- limited access to health care

FRAC  
Food Research & Action Center

*In a country that produces 40% food waste\*, how can 10.5% of households be going hungry?*

# THE STATES WITH THE MOST FOOD INSECURITY DURING COVID-19

BASED ON 8 FACTORS WITH A TOTAL POSSIBLE SCORE OF 50



LESS FOOD INSECURITY

MORE FOOD INSECURITY

Alabama	27.0	Kentucky	26.6	North Dakota	15.7
Alaska	22.1	Louisiana	30.2	Ohio	25.1
Arizona	23.3	Maine	22.6	Oklahoma	24.0
Arkansas	23.7	Maryland	18.2	Oregon	23.8
California	25.4	Massachusetts	26.5	Pennsylvania	26.1
Colorado	16.8	Michigan	24.2	Rhode Island	22.2
Connecticut	22.4	Minnesota	17.1	South Carolina	22.5
D.C.	24.4	Mississippi	33.5	South Dakota	15.7
Delaware	31.1	Missouri	18.7	Tennessee	27.7
Florida	28.1	Montana	18.3	Texas	22.4
Georgia	23.0	Nebraska	17.2	Utah	14.4
Hawaii	21.7	Nevada	30.8	Vermont	14.4
Idaho	15.1	New Hampshire	14.6	Virginia	17.7
Illinois	26.3	New Jersey	22.8	Washington	19.6
Indiana	23.3	New Mexico	28.2	West Virginia	23.4
Iowa	12.3	New York	30.2	Wisconsin	18.9
Kansas	21.1	North Carolina	27.6	Wyoming	19.4

- About 40% of food bank users were new to the idea of food insecurity
- Higher unemployment = higher food insecurity

# Food insecurity during COVID

# How can we solve this problem?



## Snap Benefits

- Lessening the restrictions to qualify
- Flexibility with pay increase



## Adding markets

- Establishing markets in impoverished areas.
- Providing groceries with fresh produce to sell.



## Educating others

- Educating others about this dilemma will raise awareness.

## Articles used:

<https://link.springer.com/article/10.1007/s40615-020-00892-7>

<https://www.feedingamerica.org/>

<https://nutritionconnect.org/resource-center/food-waste-america-2020-statistics-and-facts#:~:text=40%25%20of%20the%20US%20food%20supply%20is%20wasted>

[https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/key-statistics-graphics/#:~:text=10.5%20percent%20\(13.8%20million\)%20of,from%2010.5%20percent%20in%202019.](https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/key-statistics-graphics/#:~:text=10.5%20percent%20(13.8%20million)%20of,from%2010.5%20percent%20in%202019.)

## Videos used:

<https://www.youtube.com/watch?v=E6ZpkhPciaU&t=7s>

(The food deserts of Memphis: inside America's hunger capital | Divided Cities)

[https://www.youtube.com/watch?v=i08ND3\\_PNGs&t=211s](https://www.youtube.com/watch?v=i08ND3_PNGs&t=211s)

(The Truth About Food Insecurity)

<https://www.youtube.com/watch?v=Rd8j-9uUnfc>

(Why are Grocery Stores Avoiding Black Neighborhoods)

Thank you for listening

Comments, questions or concerns?

Transcript for food insecurity:

*Introducing the topic: Slide 1*

Did you know that around 1 in 8 Americans will face food insecurity in their lifetime? That's about 38 million people, around 11.7 million of them being children. An even more wild statement when you learn that about 40% of the food we produce is being wasted.

*Slide 2:*

So what is food insecurity, food insecurity is the inability to have a constant source of nutritious and inexpensive food. What does this mean? It means adults not knowing where their next meal is coming from. It means kids not being able to focus in school because of their hunger. Adults and kids are going hungry because of lack of money at home or a lack of resources to reach healthy produce. As you can see from this map states such as Kentucky, Oklahoma and New Mexico are highly affected by food insecurity. A lot of the people being affected by this issue are minorities.

*Slide 3:*

Hunger is more prevalent in minority groups, as many issues beforehand minorities are hit the hardest. As you can see 1 in 4 Native Americans, 1 in 5 Black and Pacific Islander individuals, 1 in 6 Latinos and goes up with white non hispanic individuals by 1 in 11 and 1 in 17 Asian individuals. This takes place because unfortunately many of the individuals in these groups can't financially provide for themselves as healthier foods can be more costly.

*Slide 4:*

When a mother of 2 comes home after a long day of work it is easier to pay for a 4 for 4 at Wendys then paying more on a multistep dish. Some states such as Tennessee families have to travel 2 hours to their local grocery stores to reach healthy foods. Neighborhoods are littered with convenience stores filled with processed foods and have no fresh produce in sight.

*Slide 5:*

Of course Food insecurity only worsened during Covid, many families experienced food insecurity for the first time. Around 40% of bank users during the pandemic being said families. The pandemic has highlighted problems America has already been facing

*Slide 6:*

Now what would be some solutions to this problem, some solutions are already in place they just need to be improved. Snap benefits are a big help for many families can at times prevent families from improving their situations. SNAP users have been known to reject pay raises and promotions at work because if they exceed the amount of money they bring in their benefits can be revoked. Adding supermarkets to food desert neighborhoods can be a great solution in

simply allowing the citizens with fresh produce. Or simply educating others on these issues are a perfect way of helping those in need.

*Conclusion:*

To conclude food insecurity is an issue that affects many, family, neighborhoods or the person across from you. If we all work together we can abolish this issue.