



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

Food insecurity in America

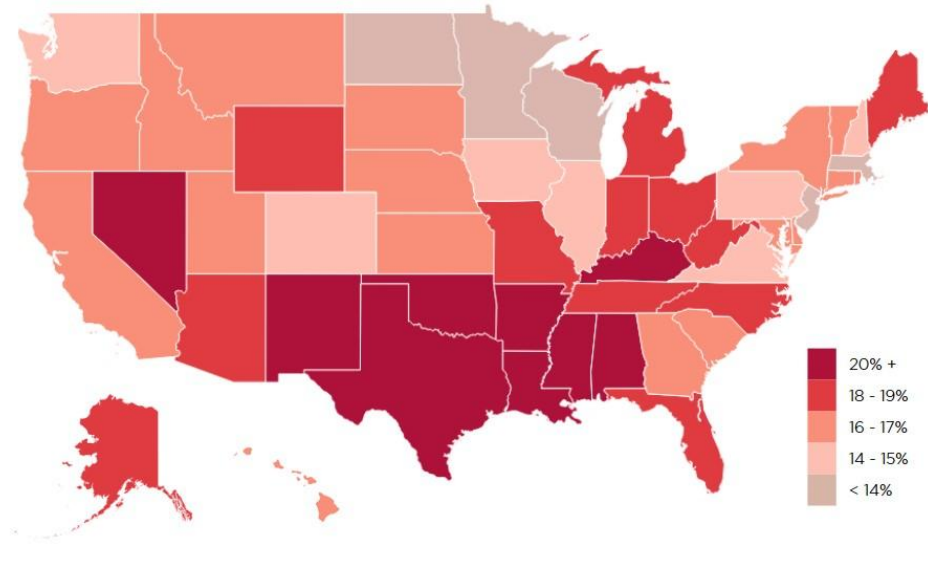
**According to [feedingamerica.org](https://www.feedingamerica.org)*

What is food Insecurity?

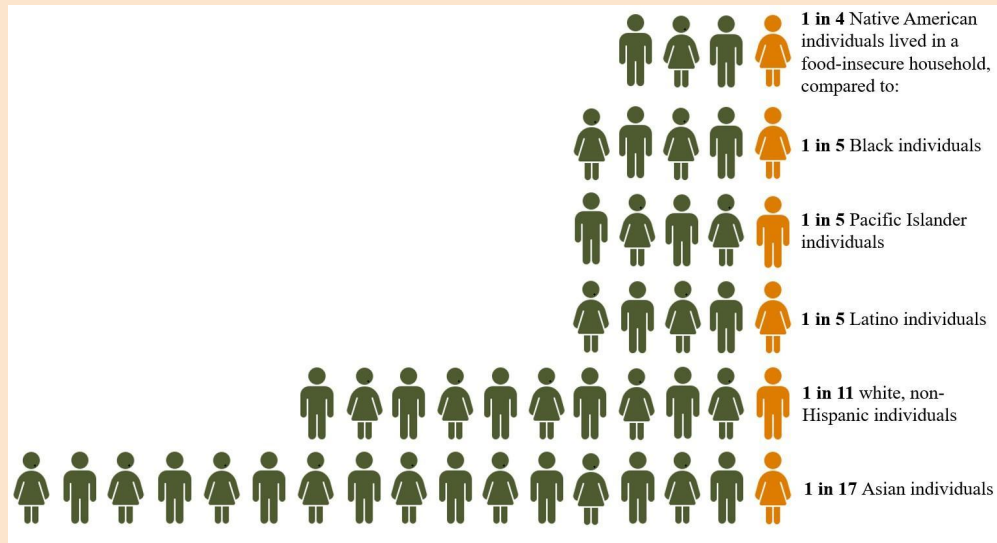
The USDA defines food insecurity as “a lack of consistent access to enough food for an active, healthy life.”

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

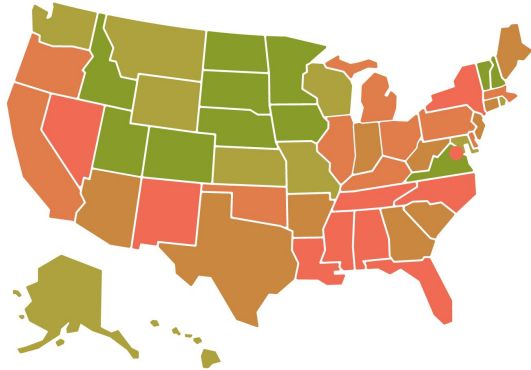
- limited resources
- lack of healthy, affordable food access
- cycles of food deprivation & overeating
- high levels of stress, anxiety, & depression
- fewer opportunities for physical activity
- greater exposure to food marketing
- limited access to health care

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

(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?