

Hunger Facts

Food security is “access by all people at all times to enough food for an active, healthy life.” Food insecurity means that “consistent access to adequate food is limited by a lack of money and other resources at times during the year.”¹

One in 10 Minnesotans, or more than 500,000 state residents, are food insecure on a regular basis.² That is more people than attended Minnesota Vikings home games during the 2015 regular season.

Imagine the entire populations of Ohio and California going to bed hungry each night. Does that number sound too high? 49 million Americans, including more than 13 million children, which is the equivalent of the populations in those two states, live in households that do not have consistent access to nutritious food.³

In 2015, 11% of all Minnesotans and almost 15% of kids in Minnesota lived below the poverty line.⁴

In September 2016, 43.4 million Americans utilized the Supplemental Nutrition Assistance Program⁵ (SNAP, formerly known as the Food Stamp Program) to help feed their households. Of those, nearly one in two households has children and 75% of households have children, an elderly family member, or a family member with a disability.⁶

Over 50% of SNAP households have some form of earned income.⁷ In Minnesota, 67% of households with children who are receiving SNAP reported having earnings from work.⁸ Often wages are too low and expenses (such as child care, transportation, and rent) are too high, so working families must use SNAP to help keep their families fed.

10% of seniors in Minnesota reported being threatened by hunger.⁹ Senior hunger is expected to rise as more Baby Boomers reach 60.¹⁰

For 35 years, Minnesota FoodShare has partnered with faith communities, schools, businesses, and community groups to restock food shelves each March. In 2016, The March Campaign raised \$7.9 million and 5.2 million pounds of food during the month of March, ensuring that thousands of Minnesotans were fed.

There were over than 3.2 million visits to Minnesota food shelves in 2015. Almost half of these visits were made by children and seniors.¹¹

The Harvard School Breakfast Research Summary found that lack of adequate nutrition can impair a child’s ability to concentrate at school. When kids get healthy breakfast, there is an average increase of 17.5% on standardized math scores.¹²

For the first time in history, over half of public school students in this country are from low-income families. Three out of four public school teachers say they see students regularly come to school hungry.¹³

¹ US Department of Agriculture, Economic Research Service, 2016

² US Department of Agriculture, 2016

³ Share Our Strength, 2016

⁴ MN Department of Health, 2015

⁵ FRAC, 2015

⁶ Executive Office of the President of the United States, 2015

⁷ Executive Office of the President of the United States, 2015

⁸ MN Department of Human Services 2015

⁹ National Foundation to End Senior Hunger, 2016

¹⁰ Half in 10, 2014

¹¹ Hunger Solutions, 2016

¹² Share Our Strength, 2013

¹³ No Kid Hungry, 2016