

# 2019 March Campaign

## Hunger Facts

Nearly one in ten Minnesotans experience food insecurity.<sup>1</sup>

13.8% of children in Minnesota are food insecure.<sup>2</sup>

9.5% of Minnesotans live below the poverty level.<sup>3</sup>

Over 3,000,000 visits were made to Minnesota food shelves *each year*, 2011-2017, with over 3.4 million visits in 2017.<sup>4</sup>

The number of food insecure seniors and seniors utilizing food shelves continues to increase.<sup>5</sup>

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") *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

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**Food security** is "access by all people at all times to enough food for an active, healthy life."<sup>6</sup>

**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.<sup>7</sup>

**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.<sup>8</sup>

**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."<sup>9</sup>



<sup>1</sup> US Department of Agriculture, Household Food Security in the United States, 2017

<sup>2</sup> Feeding America, Map the Meal Gap, 2015

<sup>3</sup> U.S. Census Bureau, Decennial Census and American Community Survey.

<sup>4</sup> <http://www.hungersolutions.org/data-posts/food-shelves-see-record-number-of-visits-in-2017/>

<sup>5</sup> <http://www.hungersolutions.org/data-posts/food-shelves-see-record-number-of-visits-in-2017/>

<sup>6</sup> US Department of Agriculture, Economic Research Service, 2016

<sup>7</sup> US Department of Agriculture, Economic Research Service, 2016

<sup>8</sup> <https://www.extension.iastate.edu/localfoods/resources-2/food-systems-equity/>

<sup>9</sup> <https://www.extension.iastate.edu/localfoods/resources-2/food-systems-equity/>