

Hunger Facts

MINNESOTA

Nearly one in eleven Minnesotans experience food insecurity.¹

12.5% of children in Minnesota are food insecure.²

9.5% of Minnesotans live below the poverty level.³

Over 3,000,000 visits are made to Minnesota food shelves *each year*.

More than 624,000 Minnesotans are served by SNAP.
45% of those served by SNAP are children.⁴

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 necessary to meet the needs of food insecure households and work toward ending hunger in Minnesota communities.

Definitions

Food security is "access by all people at all times to enough food for an active, healthy life."⁵

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.⁶

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.⁷

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."⁸



¹ Feeding America, Map the Meal Gap, 2019

² Feeding America, Map the Meal Gap, 2019

³ U.S. Census Bureau, Decennial Census and American Community Survey.

⁴ Minnesota Department of Human Services, SNAP and MFIP food portion caseload count; <https://mn.gov/dhs/farm-bill/>

⁵ US Department of Agriculture, Economic Research Service, 2016

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⁷ <https://www.extension.iastate.edu/localfoods/resources-2/food-systems-equity/>

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