

FOOD  
INSECURITY  
—  
NATIONWIDE

In 2018, an estimated 1 in 9 Americans were food insecure, equating to 37 million Americans including more than 11 million children. The U.S. Department of Agriculture (USDA) defines food insecurity as a **lack of consistent access to enough food for an active, healthy life**. Food insecurity is right here in our community.

FOOD  
INSECURITY  
—  
NORTH  
CAROLINA

## **North Carolina Has 10<sup>th</sup> Highest Rate of Food Insecurity in the Nation**

People in nearly 590,000 North Carolina households don't have enough to eat.

Per information on the NC Justice Center website, 5.6 percent, or 228,000 households, report missing meals. That's almost twice the number of all households in Durham, NC.

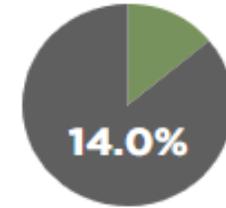
# FOOD INSECURITY — NORTH CAROLINA

FOOD INSECURE PEOPLE IN NORTH CAROLINA

**1,456,200**



FOOD INSECURITY RATE IN NORTH CAROLINA



AVERAGE MEAL COST

**\$2.92**

ESTIMATED PROGRAM ELIGIBILITY AMONG FOOD INSECURE PEOPLE IN NORTH CAROLINA



**28%**

Above SNAP, Other Nutrition Programs threshold of 200% poverty

**72%**

Below SNAP, Other Nutrition Programs threshold 200% poverty

ANNUAL FOOD BUDGET SHORTFALL

**\$719,879,000**

FOOD  
INSECURITY  
—  
MECKLENBURG  
COUNTY

2018 Stats

Food Insecure **People** in Mecklenburg County 126,200

Food Insecure **Children** in Mecklenburg County 38,630

Food Insecurity Rate in Mecklenburg County (**Overall**) 12%

Food Insecurity Rate in Mecklenburg County (**Child**) 15.2%

Annual Food Budget Shortfall \$71,778,000

# FOOD INSECURITY — CHARLOTTE

“. . . the same inequities that solidify a lack of upward mobility are the root cause of hunger. And since Charlotte was ranked [50th for upward mobility](#) from among the country’s 50 largest cities, the connection becomes clear: When people can’t escape poverty, it’s hard to escape hunger.

The term “food insecurity” is useful because it allows us to [measure](#) not just the number of people without regular access to healthful food, but the degree to which they are limited. According to the USDA, food insecurity in North Carolina is [higher](#) than the national average; in every state that surrounds us the number is near or below that national average.”

<https://www.wfae.org/post/wfaeats-why-are-people-hungry-charlotte#stream/0> (August 23, 2019)

FOOD  
INSECURITY  
—  
CHARLOTTE



2015 State of the Plate

(2020 State of the Plate currently in process)

# FOOD INSECURITY — CHARLOTTE

## **Hungry Kids: Thousands In Charlotte Don't Have Enough To Eat**

“One in six children in America don't have enough to eat. That includes more than 45,370 in Mecklenburg County.”

“Published research shows that children in families who don't know where their next meal is coming from are more likely than kids who have enough nutritious food to eat to have lower test scores and overall academic achievement. Hungry kids are more likely to skip school, have to repeat a grade or not finish school at all, limiting their chances of getting a good job. They're also more likely to suffer chronic health conditions such as anemia and asthma, require hospitalization and suffer oral health problems.

Hungry kids also are prone to fighting, hyperactivity, aggression, anxiety, mood swings and bullying.”

<https://patch.com/north-carolina/charlotte/hungry-kids-thousands-charlotte-don-t-have-enough-eat>

# FOOD INSECURITY — CHARLOTTE

## Food Insecurity Is Growing Among Seniors In Charlotte

“The number of food-insecure older Americans remains virtually unchanged since the Great Recession — and the problem is growing.”

“Hunger among senior citizens is in many ways an invisible crisis, but the troubling reality is that 5.5 million older Americans, including more than 10 percent of those living in the Charlotte metro area, are skipping meals or going entire days without eating anything. And with more Baby Boomers leaving the workforce every year, the problem is getting worse, not better, even with a strong economy.”

“In North Carolina, 10.5 percent of senior citizens were considered food insecure in 2017, the latest year for which data is available, which is a statistic on par with that reported in the Charlotte metro area.”

<https://patch.com/north-carolina/charlotte/food-insecurity-growing-among-seniors-charlotte-study>