

# Hunger Facts

## MINNESOTA



Nationwide, 21.4% of households reported some level of food insecurity in 2022, up 6% from 2021.<sup>1</sup>

9.3% of Minnesotans had incomes below the poverty line (\$27,479 for a family of four) in 2021, up from 9% in 2019.<sup>2</sup> This included 10.4% of Minnesota's children.<sup>3</sup>

A record-breaking 5.5 million visits were made to food shelves during 2022 in Minnesota, up nearly 50% from 3.7 million visits in 2021.<sup>4</sup> 47% of food shelf visitors in 2022 were seeking food assistance for the first time.<sup>5</sup>

Minnesota ranks 39th in the nation in SNAP access and 90% of SNAP recipients still experience food insecurity.<sup>6</sup>

Minnesota's charitable food system (food shelves and food banks, meal programs, etc.) continues to run at capacity. This has been exacerbated by rising inflation and the end of various financial and food supports established during the height of the COVID-19 pandemic. Moving into 2023, it will be critical to focus on creating a just and equitable food system that is able to meet the growing number of Minnesotans in need.

**Food security** is "access by all people at all times to enough food for an active, healthy life."<sup>7</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>8</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>9</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>10</sup>

<sup>1</sup> <https://www.rwjf.org/en/library/research/2022/09/food-insecurity-trended-upward-in-midst-of-high-inflation-and-fewer-supports.html>

<sup>2</sup> <https://www.americanprogress.org/data-view/poverty-data/poverty-data-map-tool/>

<sup>3</sup> <https://talkpoverty.org/state-year-report/minnesota-2020-report/>

<sup>4</sup> <https://www.startribune.com/minnesota-food-shelf-visits-slightly-under-record-high-in-2020-but-edging-up-again/600118145/>

<sup>5</sup> <https://www.2harvest.org/end-hunger-together/hunger-facts#:~:text=1%20IN%2012%20NEIGHBORS,That's%20483%2C000%20people.>

<sup>6</sup> <https://www.hungersolutions.org/2021/07/21/closing-the-snap-gap-in-minnesota/>

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

<sup>8</sup> US Department of Agriculture, Economic Research Service

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

<sup>10</sup> <https://www.extension.iastate.edu/localfoods/resources-2/food-systems-equity/>