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Hunger Facts MINNESOTA



- Feeding America reports that 537,890 Minnesotans are facing hunger. 34% of these individuals are under the age of 18.¹
- Second Harvest Heartland reports that 19% of all Minnesotan households are food insecure.²
- Minnesotans made a record-breaking 8.9 million visits to food shelves in 2024.³ This is up 20% from the previous record of 7.5 million set in 2023.⁴ Annual visits to food shelves are now 150% higher than they were prior to the COVID-19 pandemic.⁵
- Food insecurity is present in all 87 Minnesota counties, but is highest in the counties of Mahnomen, Ramsey, Beltrami, and Blue Earth.⁶
- Food shelf visits increased by an average of 18.4% across Minnesota's 87 counties. Only one county—Wilkin— in Minnesota saw their food shelf visits decrease in 2024. Food shelf visits in 2024 rose most dramatically in Nobles, Mahnomen, Roseau, Steele, and Clay counties.⁷
- Supplemental Nutrition Assistance Program (SNAP) enrollment by Minnesotans in 2023 was the highest it has been since 2016.⁸
- 8 in 10 seniors in Minnesota who qualify for SNAP have not applied for or are not receiving benefits.⁹ Find out more about applying for SNAP [here](#).
- Due to federal cuts to SNAP funding in 2023, 235,000 Minnesota households saw their food stamp benefits reduced by an average of \$82 per month.¹⁰ Cuts to E-SNAP funding saw recipients of that

¹ [Feeding America](#)

² [Fox 9 News](#)

³ [Fox 9 News](#)

⁴ [Hunger Solutions](#)

⁵ [Hunger Solutions](#)

⁶ [University of Minnesota](#)

⁷ [Hunger Solutions](#)

⁸ [Minnesota Star Tribune](#)

⁹ [Axios Twin Cities](#)

¹⁰ [Institute for Agriculture and Trade Policy](#)

program receive \$100 less per person per month compared to 2022.¹¹

- Pounds of food distributed by Minnesota food shelves rose by 10% in 2023.¹²
- The overall price of groceries in Minnesota has risen¹³ 28% since 2019.
- The United States Department of Agriculture (USDA) estimates the cost of food rose 2.3% in 2024—slightly under the national inflation rate of 2.9%. Food prices most impacted by inflation included beef and veal, dairy, eggs, and fats and oils. The USDA predicts that overall cost of food will rise 1.9% in 2025.¹⁴

Minnesota’s charitable food system (food shelves and food banks, meal programs, etc.) continues to run at capacity. Increased food prices, growing inflation rates, and slowing wage growth have put a significant financial strain on Minnesotans, making it increasingly difficult to maintain food security throughout the year. Though the state has taken measures to decrease hunger—including an additional \$5 million in funding for Minnesota’s seven food banks¹⁵ and implementation of the Free School Meals bill¹⁶—massive leaps in food shelf attendance over the last five years suggest emergency food assistance providers will continue to be a critical resource to communities across the state. As a response to the record-setting food shelf visits in 2024, Governor Tim Walz announced an additional \$5.5 million in funding would be available for Minnesota producers and processors, Second Harvest Heartland, the Food Group, and other hunger-relief organizations in 2025.

Food security is “access by all people at all times to enough food for an active, healthy life.”¹⁷

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.¹⁸

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.¹⁹

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.”²⁰

¹¹ [Hunger Solutions](#)

¹² [Minnesota Star Tribune](#)

¹³ [Hunger Solutions](#)

¹⁴ [United States Department of Agriculture](#)

¹⁵ [Minnesota Star Tribune](#)

¹⁶ [Minnesota Department of Agriculture](#)

¹⁷ US Department of Agriculture, Economic Research Service

¹⁸ US Department of Agriculture, Economic Research Service

¹⁹ [Iowa State University](#)

²⁰ [Iowa State University](#)