

## FACTS ABOUT HUNGER

Here are some facts about hunger. First, here is information about hunger in my home state of Maryland. All of these are from the Maryland Food Bank:

- ✓ Each week, over 50,000 different people rely on free food from soup kitchens, food pantries, shelters, and other feeding programs to avoid going hungry.
- ✓ Annually, the Maryland Food bank provides emergency food for 235,000 different people. 77 percent of households served are food insecure. (Food insecurity is defined as limited or uncertain availability of nutritionally adequate foods. By contrast food security is defined as access by all people at all times to enough food for an active healthy life.
- ✓ 23 percent of households served by Maryland's charitable food providers are food secure. The reasons they are using emergency feeding sites vary--it may be sudden job loss, high fuel costs or unexpected medical expenses. These people are teetering on the edge of food insecurity.
- ✓ Among households with children under the age of 18, 81 percent are food insecure or at risk of hunger.
- ✓ Among households with adults over 65, 50 percent are food insecure or at risk of hunger. Nearly half (48 percent) of households have at least one employed adult.
- ✓ 67 percent of clients served have incomes below the federal poverty level; which is \$1,613 per month for a family of four. 58 percent of all households have a monthly income of less than \$1,000.
- ✓ 48 percent of clients served have completed high school and 20 percent have some higher education.
- ✓ 46 percent of clients served choose between paying for food and paying their mortgage or rent, heating costs or medical bills. 54 percent of clients have unpaid medical bills and 27 percent of clients have no health insurance. An additional 27 percent of clients use Medicare and the rest operate with some form of health insurance (be it private or state).
- ✓ The racial composition of those seeking emergency food assistance in Maryland is 25 percent white, 42 percent black and 30 percent Hispanic.
- ✓ 53 percent of adults served are women.

Here are some facts about hunger in the US, specifically about children. These facts are sourced.

- ✓ 13 million kids live in households that do not have an adequate supply of food. - United States Department of Agriculture
- ✓ 40% of all emergency shelter food recipients are children, although they represent only 25% of the U.S. population. - United States Department of Agriculture
- ✓ Between 2000 and 2001, requests for emergency food assistance increased by an average of 23% in American cities, with 54% of requests coming from families with children. - U.S. Conference of Mayors
- ✓ Over 16% of U.S. households with children were food insecure in 2001. - Center on Hunger and Poverty
- ✓ More than one-third (38%) of families leaving welfare reported that they ran out of food and did not have money for more.- Urban Institute