

HUNGER and POVERTY in AMERICA

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2024

HUNGER NOTES | WORLD HUNGER EDUCATION SERVICE

Photo: USDA

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Since 1976, World Hunger Education Service has been dedicated to reducing hunger and malnutrition by equipping students, educators, and the public with in-depth knowledge about food insecurity in the U.S. and globally. Explore more educational resources and fact sheets on the Hunger Notes website: worldhunger.org.

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FOOD INSECURITY RISES IN THE U.S. —AGAIN.

For the third year in a row, the number of people unable to access enough healthy food has increased.

This alarming trend should prompt renewed attention to the factors behind food insecurity. The U.S. Department of Agriculture's (USDA) 2023 report, *Household Food Security in the United States in 2023*, provides the latest statistics.¹

According to the USDA report, 13.5 percent of U.S. households (18 million or 47.4 million people) experienced food insecurity sometime during 2023. That's 1 million more people than the previous year.

Among those families, 6.8 million had very low food security—meaning some members reduced intake or skipped meals during the year.

Since 2020, the number of people affected by food insecurity has grown by 4.2 million—not because food was unavailable, but because economic conditions made it increasingly unaffordable.

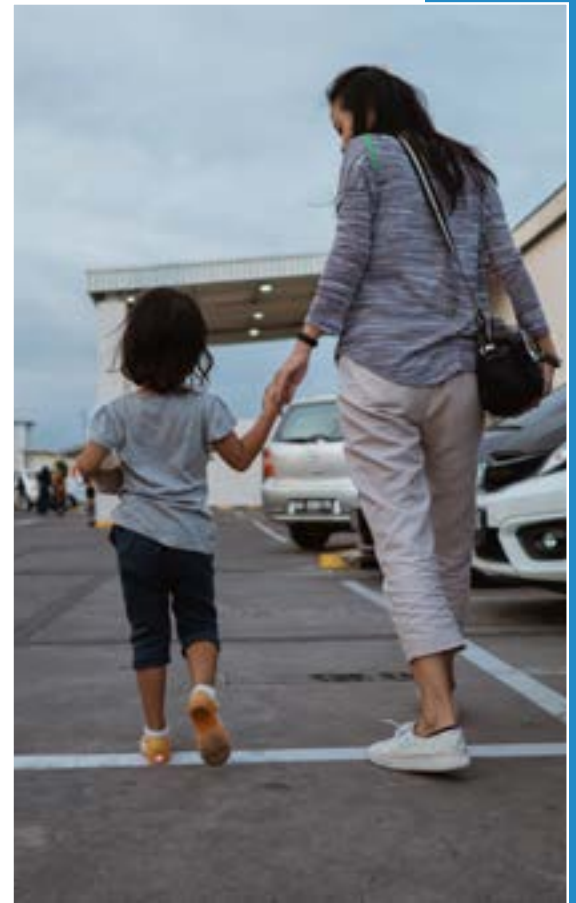
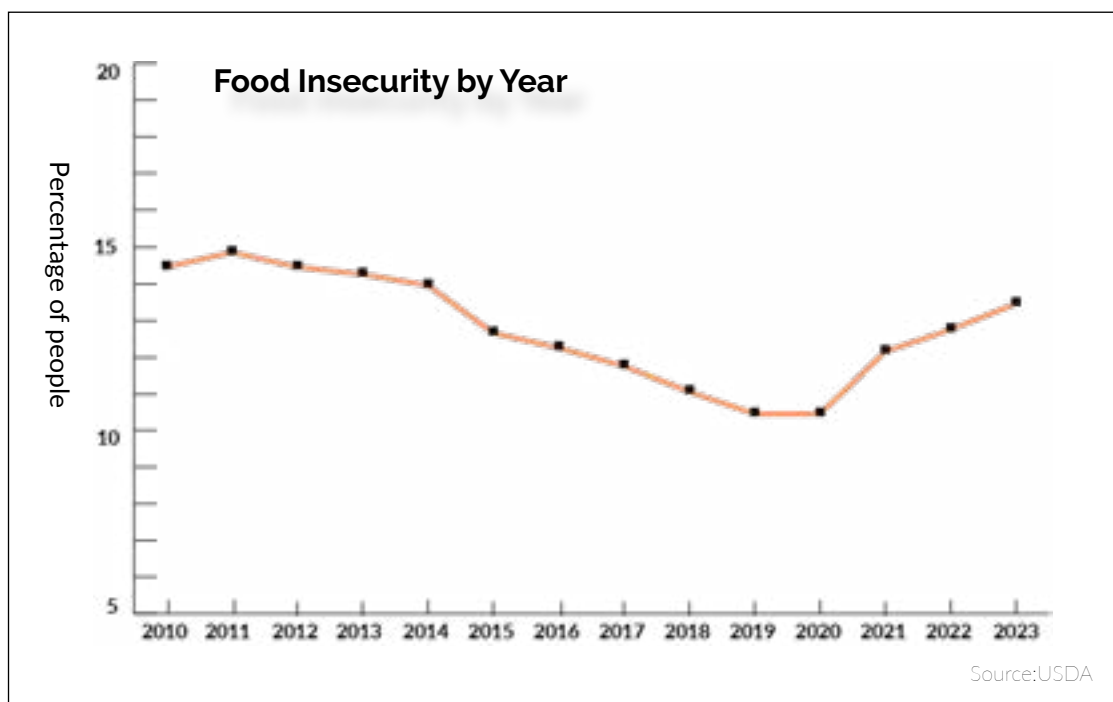


Photo: Adobe Stock



BY THE NUMBERS



47.4 MILLION FOOD INSECURE

The number of people in 2023 who did not consistently get enough nutritious food for a healthy life has increased for the third year in a row.

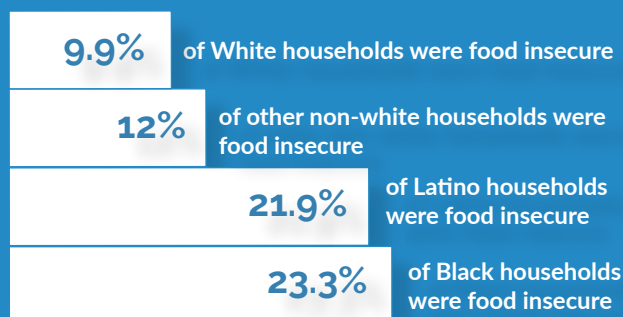
18 MILLION HOUSEHOLDS

8.4 % have low food insecurity
5.1 % have very low food insecurity

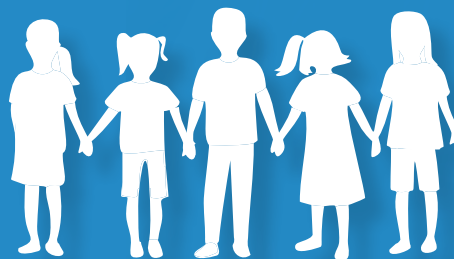


BY RACE

Food-insecure households within racial groups



13.8 MILLION CHILDREN



3.2% more children lived in food-insecure households than the previous year. Nearly 10 million children lived in poverty—a million more than the year before.



7 MILLION OLDER AMERICANS

Eleven percent of food-insecure households include people over 60 years of age, and an additional 9.3 percent consist of individuals in this age group living alone. Feeding America estimates that by 2050, more than 9 million seniors could experience food insecurity.

42.8 MILLION IN POVERTY

Based on the Supplemental Poverty Measure, which accounts for the cost of living and safety net benefits, poverty increased in the last year.

SAFETY NET UPLIFTS 6.6 MILLION

Noncash benefits, such as SNAP, WIC, the National School Lunch Program, and utility and housing assistance, lifted millions out of poverty in 2023.



DEFINING FOOD INSECURITY AND HUNGER

Understanding the term 'food insecurity' is essential before exploring the factors driving its increase.

The USDA distinguishes between food insecurity and hunger.² **Food insecurity** describes limited or uncertain access to nutritious food at any time during the year, whereas hunger is the prolonged, involuntary lack of food. Hunger is an outcome of food insecurity.

Food security, in contrast, means that all members of a household have access at all times to enough food for an active and healthy life.

The USDA further categorizes food insecurity into two levels based on severity, which are:

- **Low food security:** Households reduced the quality, variety, and desirability of their diets, but the quantity of food intake and normal eating patterns were not substantially disrupted.
- **Very low food security:** At times during the year, eating patterns of one or more household members were disrupted and food intake was reduced because the household lacked money and other resources for food. In the U.S. context, this type of food insecurity is occasional or episodic and not usually constant.

Food insecurity describes limited or uncertain access to nutritious food at any time during the year.



THE FACES OF HUNGER



Screenshot: A Place at the Table.
[Watch clip online](#)

Precise definitions of hunger and food insecurity are important because they help researchers identify and address a problem. But a definition or statistic can't tell you what it feels like when you don't know where your next meal is coming from.

ROSIE'S STORY

In a 2012 documentary about hunger titled *A Place at the Table*³, Rosie, a fifth-grader from a rural community in Colorado, explained what being hungry feels like when her family runs out of food.

"We get really hungry and our tummies just growl," she said. "Sometimes I feel like I'm going to barf 'cause it feels bad. But I don't really know what to do."

SHEILA'S STORY

Later in the documentary, Sheila, a single mother of three from Chicago talks about how life can change in a moment. After an accident, she was unable to work and received roughly \$900 a month on disability. Making ends meet was difficult, but perception—having people think she was getting a handout—weighed on her.

"Giving my children hope, that was the hard part," she said. "I think hope is important for people who are in poverty because that's the only thing that's going to stop them from making a desperate move to make life better."



Screenshot: A Place at the Table
[Watch clip online](#)

The face of food insecurity in America isn't just a statistic—it's a child, a mother, an elderly neighbor—often silently struggling with hunger amid the shame and stigma associated with poverty.

FURTHER READING

Read [Feeding America's Elevating Voices Insights Report](#) for more first-hand stories and perspectives of people facing hunger.



FEEDINGAMERICA.ORG



WHY DOES FOOD INSECURITY MATTER?

The personal impact of food insecurity on families and individuals is not only felt at the dinner table but also ripples through the broader economy, affecting healthcare costs, workforce productivity, and long-term national well-being.

IMPACT ON HEALTH AND LEARNING

People who are not able to consume a healthy diet are more susceptible to cardiovascular disease, diabetes, and certain types of cancer. As diet-related diseases continue to rise, healthcare providers and advocates increasingly view food as medicine.⁴

For children, good nutrition is the foundation for a healthy life⁵. Undernourishment weakens their immune systems and can have lifelong health effects. It also impacts learning in school, behavior problems, and future earning capacity.

IMPACT ON THE ECONOMY

The United States leads the seven most advanced democracies in the number of people who cannot afford food⁶—a troubling statistic highlighting the need for change. Food insecurity is not only a matter of hunger; it's also costly. A 2019 study by the CDC put the health costs of food insecurity at nearly \$52 billion a year, impacting our national economy.⁷



Photo: Adobe Stock

FURTHER READING

Read Food Research and Action Center's [*The Impact of Poverty, Food Insecurity, and Poor Nutrition on Health and Well-Being*](#).



FRAC.ORG



WHO IS HUNGRY IN AMERICA?

There is no place in America untouched by food insecurity, but a closer look at who is impacted reveals that some groups are disproportionately affected.



Photo: Paul Sale/USDA

ONE IN FIVE CHILDREN

Rosie's situation back in 2012 wasn't unique. Having to skip meals meant that her family had very low food security at the time—a situation that affected about 841 thousand children in 2023.

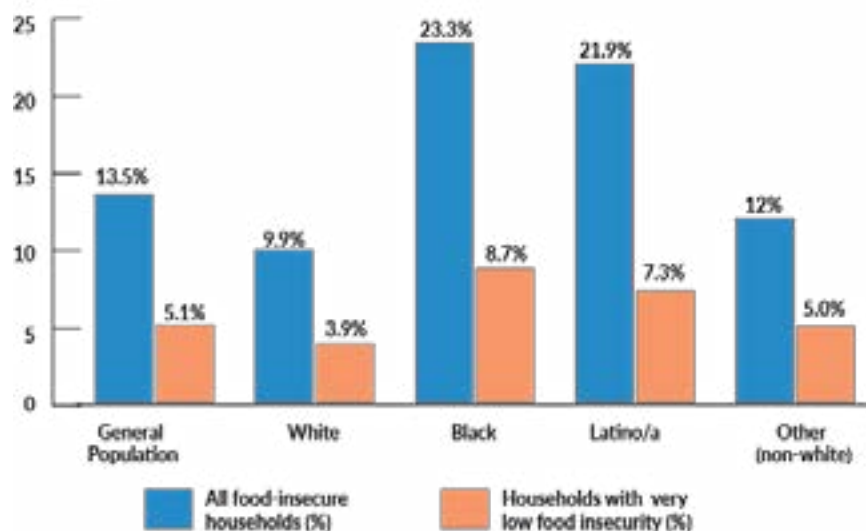
Nearly all food-insecure families (over 80 percent) included a child but less than half of those included food-insecure children. Adults often shield children by eating less or choosing cheaper and less nutritious food. Still, 1 in every 5 children in the U.S. did not get enough healthy food in 2023.

BLACKS AND LATINOS ARE 2X AS LIKELY TO BE FOOD INSECURE

Household food instability affects people of color at higher rates than whites—a trend that is deeply rooted in a history of discrimination. Housing segregation, employment discrimination, wealth gaps, and racially biased healthcare are just some of the practices that have created barriers to food security in communities of color.⁸

Food Insecurity by Race (2023)

Source: USDA



OTHER GROUPS AFFECTED BY FOOD INSECURITY

Access to food is tied to income, so when earning a sufficient income becomes difficult, people often struggle to get enough nutritious food. Older Americans, women—especially women of color—and people with disabilities are more likely to have difficulty affording and accessing a healthy diet. Active military and veterans often need food aid to make ends meet.

WHERE IS FOOD INSECURITY?

FOOD INSECURITY VARIES BY STATE

Although every state includes households that struggle to get adequate food, the most food-insecure people live in the South. In 2023, Arkansas had the largest food-insecure population in the U.S. It is closely followed by Texas, Louisiana, Mississippi, and Oklahoma.

The challenges families face in accessing enough nutritious food are influenced by household makeup (e.g., single parent or number of children) as well as by income and employment. State-level characteristics also play a role, such as average wages, housing costs, and policies that affect access to refundable tax credits, unemployment insurance, and nutrition assistance programs

CITIES AND RURAL COMMUNITIES ARE HUNGRIER

Different types of communities—whether urban, rural, or suburban—also show stark differences in the number of households that struggle to put food on the table.

In 2023, more food-insecure households lived in cities and rural areas—although rural areas had higher rates of low food insecurity, according to the USDA report. The high cost of housing in cities can impact a family's food budget. Wages in rural America are lower and access to public transportation and other services makes it harder for low-income households there to reach support services.⁹

10 HUNGRIEST STATES IN AMERICA



Source: USDA

WHEN DID THE U.S. GOVERNMENT FIRST RESPOND TO HUNGER?

Before exploring what drives food insecurity and how to reduce it, let's look back at a time when it came to the forefront of the American consciousness.



Migrant family. (Dorothea Lange/Wikimedia_

THE GREAT DEPRESSION

A sharp economic downturn in 1929 led to widespread unemployment and hardship lasting over a decade. By 1933, a quarter of the workforce was unemployed, and many who kept jobs lost nearly half their wages.¹⁰

Without income, a large swath of the population could not afford food to feed themselves and their families. New Deal policies— including support for farmers, unemployment assistance, and job programs—helped ease their suffering.¹¹

“No country, however rich, can afford the waste of its human resources.”

— President Franklin D. Roosevelt

President Franklin D. Roosevelt understood that the key to getting the economy back on track was a strong labor force. “No country, however rich, can afford the waste of its human resources,” he said in a 1936 radio address to the nation. “Demoralization caused by vast unemployment is our greatest extravagance. Morally, it’s the greatest menace to our social order.”¹²

Swift actions during his tenure helped millions survive. The legacy of nutrition programs, unemployment insurance, and social security programs formed the backbone of the safety net in place today.*

*For more on the history of the safety net, see also [War on Poverty](#).

WHAT IS THE SAFETY NET?

The safety net refers to a collection of government programs and policies designed to provide a minimum income level, food, housing, and health support for individuals and families in need. These programs are meant to prevent people from falling into severe poverty during times of economic hardship, job loss, illness, or other life challenges.

NUTRITION AND NATIONAL DEFENSE

THE ESTABLISHMENT OF SCHOOL LUNCH

By 1946, the government established a national school lunch program in response to high levels of malnutrition in the population—a result of the Depression economy. During World War II, 40 percent of the draftees could not pass the health exam.¹³

The program provided low-cost or free meals to school-age children. After signing the legislation, President Harry Truman stated it was “the basis for strengthening the nation through better nutrition for our school children.”¹⁴

Today, the program is a bulwark against malnutrition in the U.S. **For many children, the most nutritious meal of their day is a school lunch.** It benefits overall health and academic achievement.¹⁵ Children from low-income families can enroll in the free- and reduced-lunch program—although stigma and shame remain barriers to full participation.¹⁶



Draftee physical exam during WWII.
(Jack Delano/public domain).

EXPANSION OF FREE LUNCHES DURING THE COVID PANDEMIC



Photo: Paul Sale/USDA

During the economic downturn amid the COVID-19 pandemic, free lunch was universal; every student ate lunch without the enrollment process. As a result, **food insecurity in households with children declined by almost 10 percent.**¹⁷

The federal program expired in 2022. However, eight states passed legislation to continue the universal free meal program.¹⁸

The social safety net continues to be an important part of U.S. food security, especially during economic downturns. As we will soon see, it is also a key factor in the increasing numbers of food-insecure households. But first, let's take a closer look at what causes food insecurity in the U.S.

WHAT CAUSES FOOD INSECURITY IN AMERICA?

Poverty, deeply rooted in systemic issues like social disparities, high living costs, and economic downturns, is a fundamental cause of food insecurity.



Photo: Adobe Stock

THE LINK BETWEEN POVERTY AND FOOD INSECURITY

A healthy life requires consistent access to enough nutritious food, adequate shelter, and access to health care—all of which cost money. When unexpected expenses, such as a medical emergency, arise, **food becomes the most flexible part of a family's budget**, compromising nutrition. Research shows that low-income households have lower-quality diets.¹⁹

Even during economically stable times, **a job does not guarantee food security**. Low wages often fail to cover essential living costs such as housing, healthcare, transportation, childcare, and food, leaving families without the resources or assets to build financial stability.²⁰

People who grow up in poverty have fewer opportunities, especially when it comes to education, which significantly impacts future earnings. For example, the average income for someone without a high school diploma is \$31,240 a year²¹. Among those living below the poverty line in 2023, 25.1 percent did not complete high school.²²

Poverty not only leads to food insecurity but also deadly consequences. In the U.S., it is the 4th leading cause of death.²³

OTHER FACTORS THAT IMPACT FOOD INSECURITY

Although poverty is the direct cause of food insecurity in the U.S., there are other factors impacting the ability to afford or access enough healthy food.

Factors contributing to food insecurity, include:

- Systemic racial discrimination and social inequities (race, ethnicity, and disability)
- Lack of income and employment
- The prevalence of food deserts (where you live)
- Escalating costs of goods and services (inflation)
- Disparities in education
- Chronic illnesses, poor mental health, disability, and healthcare accessibility

HOW IS POVERTY MEASURED?

To get a complete picture of food insecurity in the U.S., it's essential to understand the full scope of poverty, including who is most affected and why. Measuring poverty accurately helps identify the communities and households that face the greatest barriers to meeting their basic food needs.

THE OFFICIAL POVERTY MEASURE

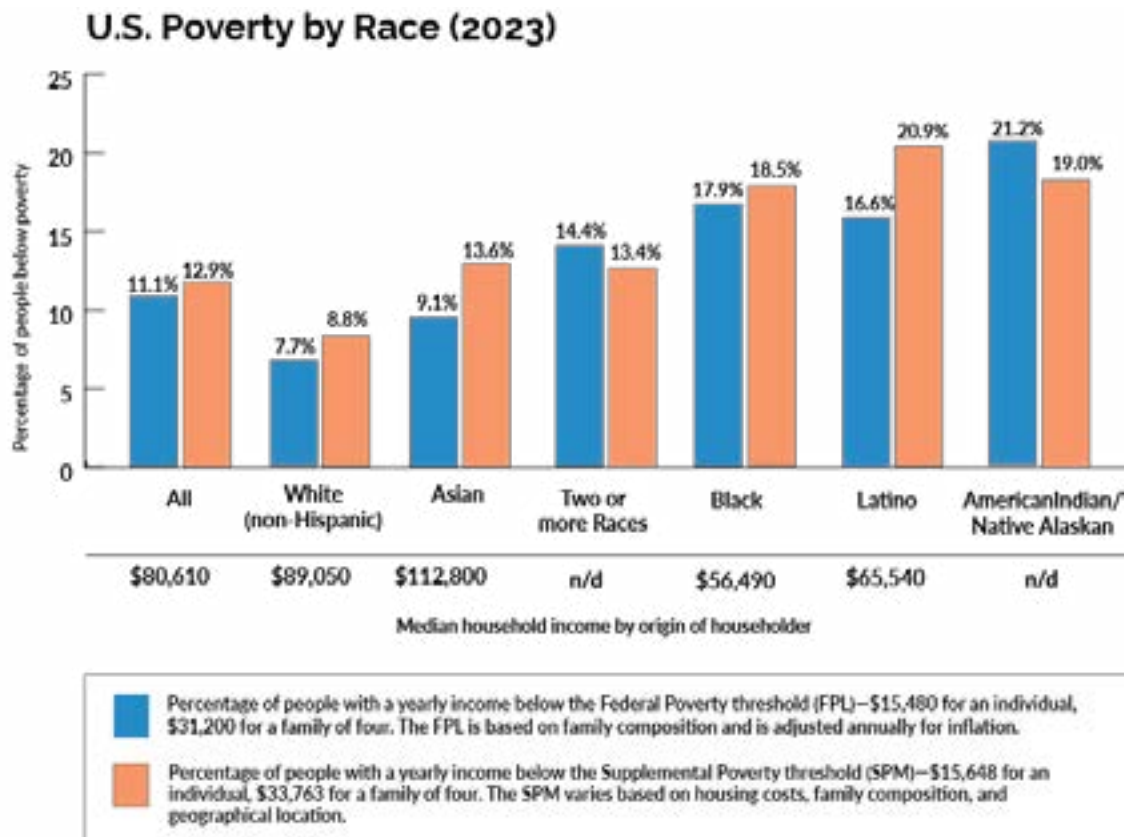
The poverty line, also known as the Federal Poverty Level (FPL), is determined annually by the Census Bureau.²⁴ It was developed in the 1960s and measures a family's resources against the minimum income needed for a basic food budget. The average price of the lowest-cost healthy diet (the Thrifty Food Plan) was nearly \$12,000 in 2023.²⁵

A family of 4 with a pre-tax income of less than \$31,200 lives below the poverty line (the average household income is \$80,610²⁶). In 2023, over 11 percent of the population lived at or below the poverty line.²⁷

THE SUPPLEMENTAL POVERTY MEASURE

Most experts believe that the poverty line is too low.²⁸ To get a more accurate understanding of poverty, the government created the Supplemental Poverty Measure (SPM), which factors in the cost of living and government assistance²⁹. In 2023, poverty under the SPM rose by half a percentage point (12.9 percent). The child poverty rate increased by 1.3 percentage points (13.7 percent).³⁰

Similar to food insecurity, poverty disproportionately affects Black, Latino, and Native communities, who experience higher poverty rates compared to other groups.



Source: United States Census Bureau, Poverty in the United States: 2023; and Income in the United States: 2023

HOW MUCH INCOME IS ENOUGH?

Poverty measures often underestimate what it truly takes to meet a family budget in the U.S. The real cost of living varies widely depending on factors like location, housing costs, and family composition.

THE REAL COST OF LIVING

The Economic Policy Institute estimates that a 2024 family budget for a modest but adequate standard of living in Los Angeles County, CA, requires almost \$11,000 per month in gross income. In contrast, a family in Franklin County, MS, needs just over \$6,000 per month.³⁰ Both far exceed poverty thresholds and low-income wages. For example, a full-time worker earning \$20 an hour (a low-income wage) makes \$3,467 a month before taxes.



Photo: USDA

Although wages have grown in the past year, low-income families—earning up to 185 percent of the poverty threshold, or \$57,720 a year for a family of four—continue to struggle.

United for Alice is an organization that tracks the cost of living and raises awareness about the families that earn above the Federal Poverty Level (FPL) but still cannot afford the basic necessities. They calculated an annual survival budget for one adult and one child in 2022 averaged \$46,932. A full-time childcare worker during that time earned roughly \$28,250 a year, leaving a gap of over \$18,000 dollars.³¹

Groceries vary significantly by state—as do all goods and services. Housing expenses, whether for rent or a mortgage, can take a huge bite out of a budget. Almost half of low-income families spend more than 40 percent of their income on housing.³²

The bottom line is that when a household's income can't stretch to cover the family meal, people face tough choices—opting for cheaper, less nutritious food, or sometimes skipping meals altogether.

FURTHER READING

Read United for Alice's 2023 national overview: [Alice in the Crosscurrents](#)



UNITEDFORALICE.ORG



WHO RESPONDS TO FOOD INSECURITY ?

NUTRITION PROGRAMS FILL GAPS WHEN UTILIZED

Since the Great Depression, the government has played a pivotal role in addressing food insecurity through a combination of policy measures and nutrition assistance programs.

Among the most impactful nutrition programs are SNAP (the Supplemental Nutrition Assistance Program), WIC (Special Supplemental Nutrition Program for Women, Infants, and Children), and the National School Lunch Program. The Earned Income Tax Credit and the Child Tax Credit—two of the nation’s most effective anti-poverty programs—provide critical financial support to working families, lifting millions above the poverty line each year.

These programs are not utilized by every family that needs them. **The USDA report stated that only 58 percent of households that lack consistent access to nutritious meals participated in key federal nutrition programs.** Stigma, difficulty in access, and awareness are some barriers to participation.³³ Programs also do not function the same in every state.³⁴



Photo: USDA

Still, noncash benefits, such as SNAP, WIC, and school lunch lifted 6.6 million people out of poverty in 2023.

PANTRIES AND FOOD BANKS

For many families, even when they enroll in federal programs, they still struggle with food insecurity. They often use a combination of services to cope, including going to a food bank or pantry.

Food banks and pantries emerged to address food emergencies but now serve as essential resources for those facing chronic food insecurity.³⁵ **Feeding America—a network of over 200 food banks—estimated that 49 million people benefited from charitable giving in 2022, and they distributed more than 5.3 billion meals in 2023.** Sixty-five percent of the food banks in the Feeding America network reported an increase last year.³⁶

Charity and nutrition interventions are critical. However, the best defense against food insecurity is a decent job that provides enough means to put healthy food on the table.³⁷

FURTHER READING

Read Bread for the World’s 2018 Hunger Report: [The Jobs Challenge: Working to End Hunger by 2030](#). Learn more about inequity by exploring the [Racial Wealth Gap Learning Simulation](#).



BREAD.ORG



ORGANIZATIONS FIGHTING HUNGER

In addition to federally funded nutrition programs and the food banks in Feeding America's network, thousands of organizations are on the front lines in the fight against hunger across the country. These include:

- **RESEARCH ORGANIZATIONS**—such as the Food Research and Action Center (FRAC), the Congressional Hunger Center, Brookings, USDA's Economic Research Service (ERS), and universities. These organizations conduct cutting-edge research on the root causes of domestic hunger, food insecurity trends, and the impact of policies.
- **ADVOCACY ORGANIZATIONS**—such as Bread for the World, RESULTS, MAZON, Church World Service, AARP, and Friends Committee on National Legislation (FCNL). Many food banks also have advocacy departments—including Feeding America. These organizations harness the power of citizen advocacy at local, state, and federal levels to urge elected leaders to enact policies and programs that reduce hunger.
- **COLLABORATIVE NETWORKS AND COALITIONS**—National coalitions, such as the Alliance to End Hunger and the Circle of Protection, connect stakeholders to advance anti-hunger efforts. Some networks, like The Food Trust, also provide direct services. On the state level, organizations such as the Make Hunger History Coalition in Massachusetts or New Mexico's Interfaith Hunger Coalition bring together groups to act on shared goals to end hunger.
- **DIRECT SERVICE ORGANIZATIONS**—Examples include Catholic Charities, Meals on Wheels, and No Kid Hungry (Share Our Strength), which provide meals and other services to targeted populations. Food banks and pantries offer emergency food in almost every community. Local initiatives include organizations like Adelante Mujeres in Oregon, which provide education, training, and support to strengthen local communities.

These examples represent a small portion of the many organizations and community groups working tirelessly to reduce hunger. Many organizations span multiple categories and offer volunteer and advocacy opportunities, giving you a chance to get involved and help end hunger.

World Hunger Education Service was founded both to spread knowledge about hunger issues and to serve as a repository that connects readers with organizations working to combat hunger. Here are a few of the U.S. organizations on the front lines that we have supported through donations over the years:

- » Capital Area Food Bank
- » Community Food Bank of Central Alabama
- » Food Bank of Alaska
- » Northwest Arkansas Food Bank
- » Food Bank of Delaware
- » Hawaii Foodbank
- » Idaho Foodbank
- » Food Bank of Iowa
- » Second Harvest Heartland of Minneapolis, MN
- » Montana Food Bank Network
- » Rhode Island Community Food Bank
- » Food Bank of the Rockies
- » Connecticut Food Bank
- » Middle Georgia Community Food Bank
- » Regional Food Bank of Oklahoma
- » Low Country Food Bank (South Carolina)
- » Oregon Food Bank
- » Kansas Food Bank
- » Utah Food Bank
- » Vermont Food Bank
- » Food Bank for the Heartland (Nebraska)
- » Food Bank of Northern Nevada
- » New Hampshire Food Bank (Valley of California)

WHY DID FOOD INSECURITY INCREASE IN 2023?

Earlier, we explored what drives food insecurity, but now let's dig deeper into why food insecurity has increased for the third consecutive year. Inflation and a contraction of the safety net has made it even harder for low-income families to afford the essentials.

INFLATION

Between 2020 and 2021, the costs of goods and services in the economy increased by 7 percent (inflation) nationally,³⁸ making it harder for low-income families to afford the basic necessities.

Although the inflation rate has slowed recently, low-income households have struggled to keep pace with rising prices—especially in cities and states where the cost of living is especially high.³⁹

Among all essential expenses, the cost of food has risen dramatically. Between 2021 and 2022, food prices increased by 11 percent, followed by another 5 percent increase in 2023.⁴⁰ Because low-income households spend a larger proportion of their income on essentials like food, rent, and energy, they feel the impact of inflation more acutely than wealthier households.⁴¹ While wages for low-income workers have increased, the bottom 10 percent still don't earn enough to meet a basic family budget.⁴²



Photo: USDA

SAFETY NET CONTRACTION

At the same time as inflation was shrinking budgets, the social safety net—expanded during the COVID-19 pandemic to respond to widespread income loss—contracted. When SNAP (the Supplemental Nutrition Assistance Program) was cut back in 2022, food insecurity increased in more than half of the participating households with children.⁴³ The average SNAP allotment was decreased from \$9 dollars a day to \$6 dollars⁴⁴

When universal school meals ended, food insecurity increased by 1.5 percentage points for school-age children in states that didn't continue the program. The biggest impact was on children in families just above the income limit for free or reduced-price meals, where food insecurity rose by 5.7 percentage points.⁴⁵

The biggest blow came when the Child Tax Credit (CTC) expansion expired. In 2021, it lifted nearly 3 million children out of poverty. After it ended, the U.S. saw a shocking increase of 5 million children living in poverty in just one year.⁴⁶

The pandemic highlighted the vital role of the safety net. Federal nutrition programs play a crucial role in feeding families and individuals who lack the money or resources to afford a healthy diet.

THE WAY FORWARD

Since the Great Depression, food insecurity in the U.S. has fluctuated based on the state of the economy and the strength of the safety net programs.

The latest statistics gathered by USDA show that food insecurity is worsening. This trend highlights the ongoing challenges many Americans face and the critical role of income stability and nutrition assistance programs in supporting families during difficult times.

With the right policies to reduce hunger and protect the vulnerable, there is no reason why any American should experience food insecurity.



Photo: USDA

FURTHER READING

Want to help end hunger? Visit the Hunger Notes website to explore our [Organization Guide for Education and Advocacy](#). Discover how you can support organizations fighting hunger in the U.S. and around the world by lending your voice and talents. **And find more fact sheets like this to increase your knowledge of hunger.**



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DISCUSSION QUESTIONS

At the World Hunger Education Service, we believe that knowledge is the first step toward fighting hunger. The information in this fact sheet highlights the issue of food insecurity in the United States, but understanding facts alone isn't enough. To make meaningful change, we need to reflect on what we've learned and think critically about how hunger affects individuals, families, and communities.

This discussion guide is designed to facilitate thoughtful conversations—whether in a group setting or for personal reflection. The questions below will help you deepen your understanding of the material, challenge assumptions, and think about solutions for addressing food insecurity in your community and beyond.

-
- 1** Why do you think the USDA distinguishes between hunger and food insecurity? What is the purpose of having these precise definitions?

 - 2** Why is it important for us to care about food insecurity? What might happen if food insecurity continues to increase in the U.S.?

 - 3** Can you imagine a situation where a person or household experiences very low food security? Describe the circumstances, consider where they live (city, suburb, or rural area), and discuss what options might be available to them.

 - 4** How is poverty connected to food insecurity? How does discrimination also play a role in food insecurity?

 - 5** In response to the high unemployment in the 1930s, President Roosevelt said, “No country, however rich, can afford the waste of its human resources.” He called it demoralizing. What do you think he meant by this statement? Do you agree or disagree, and why?

 - 6** What is a safety net, and why is it important? Have you ever used or known someone who has used a program that is part of the safety net?

 - 7** Is the poverty line set too low? What are the advantages or disadvantages of using the current poverty measures?

 - 8** Why do you think there is so much shame associated with food insecurity? How does it affect people?

 - 9** What was the most surprising thing you learned about hunger from this fact sheet? Did it challenge an assumption you previously had?

 - 10** What part of the fact sheet made you want to explore further? How would you begin your research?
-

Endnotes

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