

# Hunger

## The Need

- 865,000 individuals need assistance with food each year in Houston and throughout southeast Texas
- Nearly 900,000 people live in poverty in our 18-county area (15% of the population)
- One in four children in Harris County lives at or below poverty level

## The Face of Hunger in Southeast Texas

Of the 137,000 different people who receive food assistance each week:

- Nearly half of households include at least one working adult
- 94% are not homeless
- 47% are children

## Hard Choices

Hungry families report they must often choose between paying for food and other necessities.

- Food vs. utilities - 62%
- Food vs. rent or mortgage - 50%

On **any given day**,  
an estimated **53,000** people  
are **hungry**

## Food Insecure

Food Insecurity is not knowing if you will have food tomorrow

- 81% of the families served by the Houston Food Bank are food insecure
- There are government programs to assist, like SNAP (food stamps). Unfortunately only 23% of those eligible are enrolled.

### Chronic child hunger symptoms

Extreme thinness  
Puffy/swollen skin  
Dry, cracked lips  
Chronic sickness  
Saving or hoarding food  
Inability to concentrate