Hunger At a Glance

1.1 million people in southeast Texas are food insecure, meaning they cannot afford enough nutritious food to fuel a regularly healthy lifestyle. Hunger results from prolonged food insecurity resulting in illness, discomfort, and weakness. The Houston Food Bank’s network of 1,500 community partners provides individuals with food assistance as well as additional programs and services aimed at helping people achieve long-term stability.

The Face of Hunger

Many people must make difficult decisions between paying for groceries and paying for other necessities. Individuals have reported often having to make tough choices between basic needs and food:

*percentage of clients who reported choosing this over groceries

Coping Strategies

When there is not enough food to eat, hungry families will find ways to get through hard times. Families will:

How to fight hunger

$10 =

Make a monetary donation.
Donate food - organize a food drive for the most needed items.
Donate time by coming to volunteer.

Become an advocate. Talk about hunger with family and friends. Help eliminate the myths of hunger.

Visit www.houstonfoodbank.org for more information.
A gift of $10 provides 30 meals for someone in the community.