More than 1 million people in southeast Texas are food insecure, meaning they cannot afford enough nutritious food to fuel a regularly healthy lifestyle. And that number jumped to an estimated 2.75 million during the pandemic in 2020. Hunger comes from prolonged food insecurity resulting in illness, discomfort, and weakness. The Houston Food Bank works with its network of 1,500 community partners to address hunger and food insecurity and provide individuals with food assistance as well as additional programs and services aimed at helping people achieve long-term stability.

Food Insecurity: Tough Choices

Food insecurity often means having to make difficult decisions between paying for groceries and paying for other necessities. Individuals have reported often having to make tough choices between these basic needs and food:

*percentage of people who reported choosing this over groceries

Coping Strategies

When there is not enough food to eat or funds to purchase more, families will find ways to get through hard times. Families shared they:

How to Help

*percentage of people who reported doing this to reduce how much they spent on groceries

For more information, visit houstonfoodbank.org