Hunger and Food Insecurity

Around 1 million people in southeast Texas are food insecure, meaning they lack consistent access to enough nutritious food to fuel a regularly healthy lifestyle. Hunger comes from prolonged food insecurity resulting in illness, discomfort, and weakness. The Houston Food Bank works with its network of 1,800+ 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:

<table>
<thead>
<tr>
<th>VS.</th>
<th>Utilities 69%*</th>
<th>Rent or Mortgage 57%*</th>
<th>Education 31%*</th>
<th>Transportation 67%*</th>
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</thead>
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*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:

- Water down food and beverage 40%*  
- Eat unhealthy meals 79%  

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

How to Help

- 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 and food insecurity with family and friends. Help eliminate the myths of hunger.

For more information, visit houstonfoodbank.org

Our Mission: Food for better lives  
Our Vision: A world that doesn’t need food banks  
A gift of $10 provides access to 30 meals for someone in the community.

This institution is an equal opportunity provider.