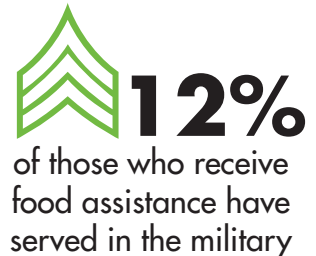


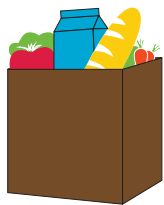
Hunger and Food Insecurity

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 **1,600+ 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:



vs.



Utilities
69%*



Rent or Mortgage
57%*



Education
31%*



Transportation
67%*

*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:



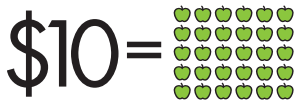
Water down food and beverage
40%*



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