

# Hunger and Food Insecurity 2024

Around one million people in Southeast Texas are food insecure, meaning they lack consistent access to enough nutritious food to fuel a healthy lifestyle. Hunger comes from prolonged food insecurity resulting in illness, discomfort, and weakness. 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 and nutrition security.



## 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:

- 97%** cut the size of meals or skipped meals
- 96%** ate less nutritious meals
- 68%** did not eat despite being hungry

## Improving Health

**91%** of neighbors agree that "food is medicine" and having regular access to healthy foods improves overall well-being.

**80%** of neighbors surveyed are concerned about the development of children facing hunger in their community.

**71%** of neighbors surveyed say they want to eat healthier but can't afford to right now.

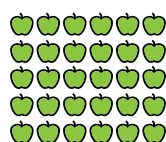
## How to Help

Make a monetary donation

Donate food - organize a food drive for the most needed items

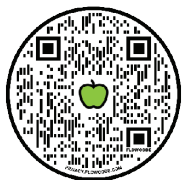
Donate time by volunteering

**\$10=**



### Become an advocate.

Talk about hunger and food insecurity with family and friends. Your voice has the power to shape policies that increase economic security which is what drives food insecurity. Visit our Advocacy Action Center.



For more information, visit [houstonfoodbank.org](https://houstonfoodbank.org)

Sources: Feeding America Map the Meal Gap Study 2024, USDA Household Food Security in the United States in 2023, Feeding America Elevated Voices Study 2024