

New London Boys & Girls Club

Food

Insecurity



What is food insecurity?

the condition of not having access to sufficient food, or food of an adequate quality, to meet one's basic needs





What is food insecurity?

 Share

From an accredited US hospital >

**More than
54% OF
AMERICANS**

Watch on  YouTube

Who struggles with food insecurity?



Some People of Color

Racial and ethnic disparities exist related to food insecurity. In 2020, Black non-Hispanic households were over 2 times more likely to be food insecure than the national average (21.7 percent versus 10.5 percent, respectively). Among Hispanic households, the prevalence of food insecurity was 17.2 percent compared to the national average of 10.5 percent



Those with a disability

Disabled adults may be at a higher risk for food insecurity due to limited employment opportunities and health care-related expenses that reduce the income available to buy food




The Unemployed

High unemployment rates among low-income populations make it more difficult to meet basic household food needs

Those with limited neighborhood conditions.

Residents are at risk for food insecurity in neighborhoods where transportation options are limited, the travel distance to stores is greater, and there are fewer supermarkets.

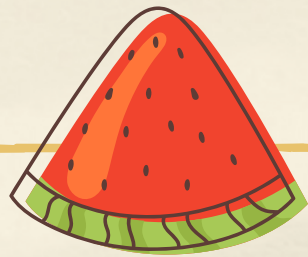




More than 44
million people
struggle with
food insecurity.

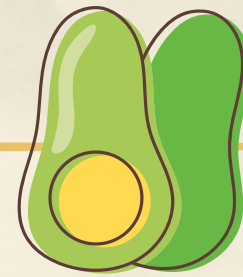
1 in every 6 American children
struggle with food insecurity
and hunger.

Combattting Food Insecurity



Reducing food waste.

- Only buy food that you need.
- Minimize food waste.
- enact a first in, first out food policy in your house.



Increase in education

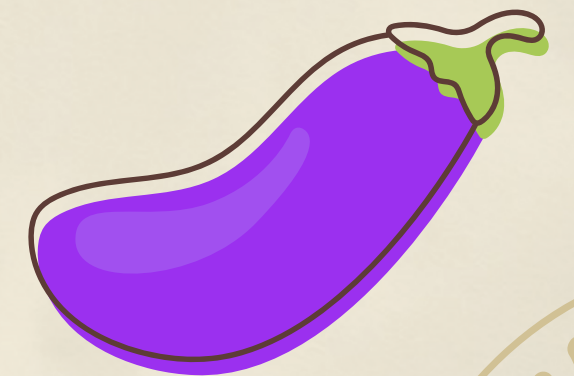
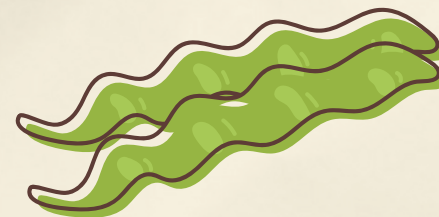
Investing in school infrastructure, and knowledge within communities.



Diversify protein sources

new and improved food sources are often needed, particularly when it comes to proteins.

Proteins are necessary for growth and development and are found in animal and plant foods



Combatting food insecurity: Community Gardens



- **Lower grocery costs.: By providing fresh and accessible produce to those in the community.**
- **Provide fresh fruits and vegetables to those in need, and excess to local charities.**
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Thanks you!