



FOOD INSECURITY: A GROWING PROBLEM IN OUR COMMUNITY



13.5% of all U.S. households are food insecure

Food insecurity is defined as "not having access to sufficient food, or food of adequate quality to meet one's basic needs"

Fact: The majority of people facing hunger live above the federal poverty line- **44%** of individuals experiencing food insecurity may not be eligible for SNAP benefits

(Feeding America)

Root Causes

- **Food deserts:** communities where access to affordable and nutritious food, especially fresh produce, is limited
- **Lack of accessibility** to social assistance
- Inadequate infrastructure and **public transportation**
- Neighborhoods with **high rates of violence**

Who is at risk?

- Children
- Communities of color
- Low income Households
- Immigrant communities
- People with disabilities
- People in rural or urban areas
- Those formerly incarcerated
- Single-parent households.



Bergen County

- **93,390** residents, or 9.8% of Bergen County are considered food insecure
- After COVID, there was a **71%** increase in food insecurity in Bergen County
- **30%** of food insecure residents are children

(Feeding America)

Long Term Health Implications

Chronic food insecurity can lead to permanent health problems such as:

- Infectious diseases
- Poor oral health
- Hypertension
- Depression and anxiety disorders
- Heart disease
- Chronic pain

(University of Toronto)

What Can We Do?

- Donate to local food pantries
- Support small food businesses
- Participate in local food drives
- Advocate against the stigma associated with food insecurity
- Donate to The Community Chest's annual fund at:

<https://thecommunitychestebc.org/>

