Nutrition and Food Insecurity

Food insecurity and obesity
Food insecurity is having unreliable access to a sufficient quantity of affordable, nutritious food.

Food insecurity can lead to overeating of unhealthy foods when food *is* available.¹

Often access to unhealthy foods is higher than access to healthier foods. This combination of unhealthy foods in large quantities can lead to obesity.

About 50% of boys and girls 9-18 years old in Minneapolis homeless shelters are either at risk for overweight or actually overweight.²

Lack of access to healthier foods
Many people experiencing food insecurity do not have the access and means to buy healthier foods.

Although people surveyed knew it was unhealthy, 81% of people experiencing food insecurity bought the inexpensive, unhealthy foods in order to manage their hunger.³

...of the total calories of homeless Minneapolis youth surveyed came from fats, oil, or sweets.²

50-75%...

A desire for healthy foods⁴

In a Twin Cities survey of homeless shelter guests:

93% asked for more fruits and vegetables
80% asked for more whole grains

Who would be impacted?
Of those experiencing homelessness and/or food insecurity in Minnesota, 80% received some type of food assistance each month, including hot meal programs (31%) and food shelves (31%).⁵

You can make an impact on the health of our society by providing healthier foods!

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¹ https://www.pittsburghfoodbank.org/resources/about-hunger/hungerandhealth/