

4-H FEEDING MISSOURI:

Hunger Facts

OUR PARTNER

Feeding Missouri is a coalition of the six Missouri food banks working to provide hunger relief to every county in the state and St. Louis City. Together, they distribute over 120 million pounds of food each year through more than 1,500 community feeding programs.

Through partnerships with manufacturers, wholesalers, processors, growers, retailers and restaurants, Feeding Missouri is able to get donations and food at reduced costs — **turning every dollar into \$21 worth of groceries.**

THINGS TO KNOW

Food insecurity: The state of being without reliable access to a sufficient quantity of affordable, nutritious food.

Food insecurity and poverty are clearly connected—poverty is the best single predictor of food insecurity.

What are the barriers to access to food?

- Low income
- Affordability of food
- Access to nutritious food

How does hunger impact people?

For adults, hunger can mean:

- income loss
- work absenteeism
- higher need for public benefits and social services
- increased health care expenditures.

For children, hunger can mean:

- chronic illness
- low birth weight
- lower school performance
- developmental problems



SOCIAL MEDIA TIP:

Be sure to share photos and videos of

your food drive activities on social media. Use the #4HFeedingMO hashtag.

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HUNGER BY THE NUMBERS IN MISSOURI



In Missouri, 896,570 people are struggling with hunger — 241,830 of them are children

1 in 6 people
1 in 5 children

Food is one of life's necessities. Yet, many Missouri families struggle to put enough food on the table. Hunger matters because it impacts adults' and children's economic, educational and healthy futures.

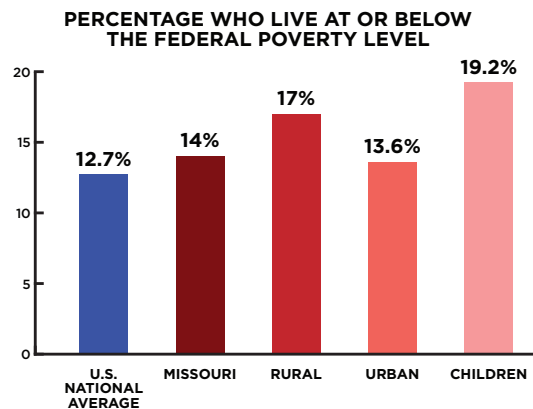
What is the poverty line in Missouri?

\$25,100 for a family of four

(You have to earn less than this a year to be eligible for food assistance.)

In Missouri, more than 826,000 live below the federal poverty level. Nearly 261,000 of them are children.

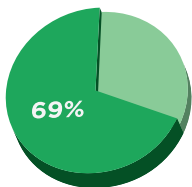
Missourians experience poverty and food insecurity at rates higher than the national average.



Hard choices

In the prior 12 months, Missouri households that were food insecure had to make the following choices between paying for food and...

- medicine/medical care — **65 percent**
- utilities (electricity, gas, etc.) — **69 percent**
- housing — **54 percent**
- transportation — **66 percent**
- education — **25 percent**



69 percent regularly got food from a program partnered with a food bank

Sources: USDA Economic Research Service; 2018 Missouri Poverty Report, Missouri Community Action Network; Missouri Hunger Atlas, University of Missouri; Feeding America, Map the Meal Gap 2016 study