

## About Food Hunger



**Food insecurity** is a real condition that can result from hunger. It can be defined in a variety of ways:

- You don't know where your next meal is coming from
- You don't know if you have enough food to provide three meals a day for your family
- You don't have reliable access to a sufficient quantity of affordable, nutritious food
- You skip your dinner meal so that your children will have enough to eat

The **number** of people in the United States and California struggling with food insecurity is astounding:

- **1 in 7 people** struggle with hunger. This means that **41 million people** in the United States do not have consistent access to enough nutritious food to lead a healthy life (Feeding America)
- **13 million children** (1 in 6) in the United States face hunger (Feeding America)
- More than **5 million senior citizens** currently struggle with hunger (Feeding America)
- Read more about Food Insecurity in California [HERE](#)

The **impact** of food insecurity includes:

- High levels of stress, anxiety and depression caused by worry over how to afford enough food
- Poor school performance and social interaction with peers by children who are hungry
- An even more challenging experience for the senior population that is limited by a fixed income and faced with increased health expenses, physical limitations and complex nutritional needs
- An increase in the consumption of high calorie foods with little nutritional value since they are more affordable. This can result in long-term health problems such as diabetes, high blood pressure and obesity