

# U.S. Hunger

**Here in the United States, few children are severely malnourished, but many families worry about their next meal or regularly run out of grocery money.** Collectively, the world already grows enough food to feed everyone, and the U.S. government has the power and resources to make a historic impact on hunger. That is why Bread and our partners work tirelessly to urge our nation's decision-makers to prioritize policies and programs that will end hunger.

**In 2022, 12.8 percent of all U.S. households were food insecure.** This includes 7.7 percent with "low food security" and 5.1 percent with "very low food security." These increases were largely due to the end of pandemic assistance programs including the expanded Child Tax Credit and increased access and benefits in the Supplemental Nutrition Assistance Program (SNAP) and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Inflation and rising food prices are also contributing factors.

Food insecurity is more common in rural areas. In 2022, it affected **14.7 percent of rural households, or 2.7 million families.** Although urban areas have a lower rate of food insecurity, at 12.5 percent, this adds up to a much larger number of families—14.3 million—since urban areas are more populous.

**Black and Latino households experienced food insecurity at more than twice the rate of white households in 2022,** at 22.4 percent and 20.8 percent, respectively.

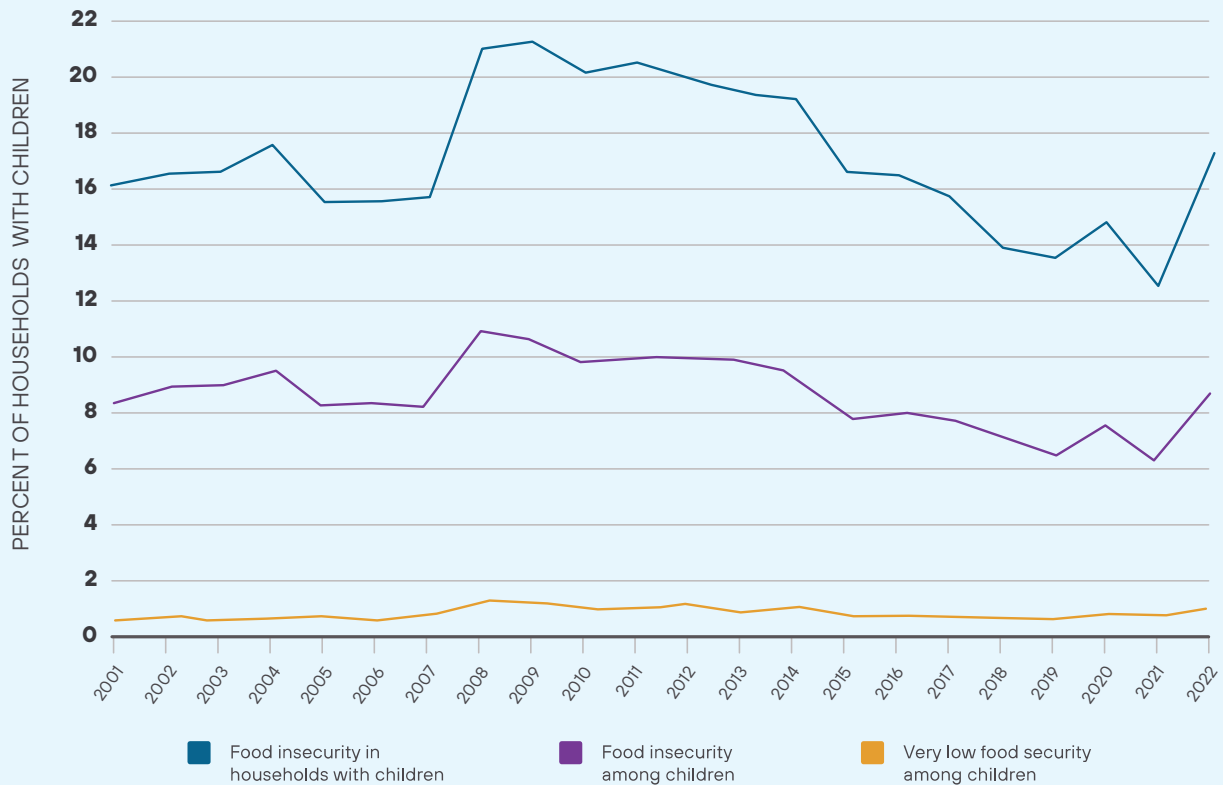


The U.S. Department of Agriculture (USDA) uses the term "food insecurity" to mean situations where people may not be able to afford sufficient food. It recognizes two forms.

**"Low food security"** means people are uncertain about whether they will have enough food, while

**"Very low food security"** means that people are eating less at meals or skipping meals because there is not enough money for food. Bread considers both forms of food insecurity to be hunger.

## Trends in the prevalence of food insecurity in households with children, 2001-22



SOURCE: USDA, Economic Research Service using data from U.S. Department of Commerce, Bureau of the Census, Current Population Survey Food Security Supplements.

Updated February 2024

SOURCE: USDA (2023). Household Food Security in the United States in 2022 (Report No. ERR-325).

<https://www.ers.usda.gov/publications/pub-details/?pubid=107702>.

In households with very low food security—more than one in 20 U.S. households—there were times during the year that people’s food intake was reduced and their normal eating patterns were disrupted because the household lacked money for food. Of households with very low food security:

- **98 percent** worried that their food would run out before they had money to buy more.
- **97 percent** found that the food they bought just did not last, and they did not have money to get more.
- **96 percent** could not afford to eat balanced meals.
- **96 percent** skipped meals or ate less because there was not enough money for food.
- **65 percent** had been hungry but did not eat because they could not afford enough food.
- **29 percent** did not eat for a whole day because there was not enough money for food. 🍌