

Hunger Facts

MINNESOTA

*Impacted by Covid-19, data from 2020 is still being evaluated. The following information is compiled from the most complete data and projections collected and available at the time of publication.

After years of steadily declining food insecurity rates, it was projected that food insecurity in Minnesota in 2020, impacted by the Covid-19 pandemic, could rise to 13%.¹

9% of Minnesotans had incomes below the poverty line (\$25,926 for a family of four) in 2020. This included 11% of Minnesota's children.²

A record over 3.8 Million visits were made to food shelves during 2020.³

More than 400,000 Minnesotans receive nutrition benefits via SNAP each month.

71% of those served by SNAP are children, seniors and people with disabilities.⁴

Minnesota's charitable food system (food shelves and food banks, meal programs, etc.) continues to run at capacity. The Covid-19 pandemic has exacerbated this, making it critical to focus on creating a more just and equitable food system that meets the needs of all Minnesotans.

Food security is "access by all people at all times to enough food for an active, healthy life."⁵

Food insecurity means access to adequate food is inconsistent and limited by a lack of money and other resources throughout the year. Food insecure households report their diets to be of reduced quality, variety, or desirability and/or experience disrupted eating patterns and reduced food intake.⁶

Equitable access to food means all individuals have "a voice in and access to a nourishing food system," regardless of race, socioeconomic class, location, gender, and other social identities.⁷

Food justice is the concept that communities have the right to grow, sell, and eat healthy, affordable, culturally appropriate food whose production supports the well-being of the land, workers, and animals." Food justice is based on the idea that "access to nourishing food is a basic human right."⁸



¹ <https://www.feedingamerica.org/research/coronavirus-hunger-research>;

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/key-statistics-graphics.aspx>

² <https://talkpoverty.org/state-year-report/minnesota-2020-report/>

³ Hunger Solutions (<https://www.hungersolutions.org/wp-content/uploads/2021/02/Food-Shelf-Visits-2020.pdf>); Sources: Food shelf reports to MN DHS with analysis by Hunger Solutions

⁴ <https://mn.gov/dhs/farm-bill/>

⁵ US Department of Agriculture, Economic Research Service

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⁷ <https://www.extension.iastate.edu/localfoods/resources-2/food-systems-equity/>

⁸ <https://www.extension.iastate.edu/localfoods/resources-2/food-systems-equity/>