

# MEASURING FOOD INSECURITY IN MINNESOTA

To address our state’s growing hunger problem, we need more timely and accurate data. In 2024, Second Harvest Heartland partnered with Wilder Research to conduct the first ever statewide hunger survey. Here’s what we found:

- 1 in 5** Minnesota households can’t afford the food they need
- 26%** of households with children are food insecure
- 18%** of households rely on the emergency food system
- 40%** of households of color are food insecure

## THE HUNGER CONTINUUM

To get a clearer picture of how Minnesota households are faring, we look at food insecurity as four stops along a continuum (see right). The emergency food system supports families at the second and third stops through direct food distributions and programs like SNAP. While organizations like Second Harvest Heartland and our food shelf partners adjust to meet the growing need, we’re working with communities on long-term solutions. It will require a total community effort to help more Minnesota households get the food they need.



### STOP 1: FOOD INSECURE

#### NO HELP

Households not receiving help from the emergency food system, do not have enough food



### STOP 2: FOOD INSECURE

#### SOME HELP

Households receiving some help from the emergency food system, still do not have enough food



### STOP 3: FOOD INSECURE

#### ENOUGH HELP

Households receiving help from the emergency food system, have enough food



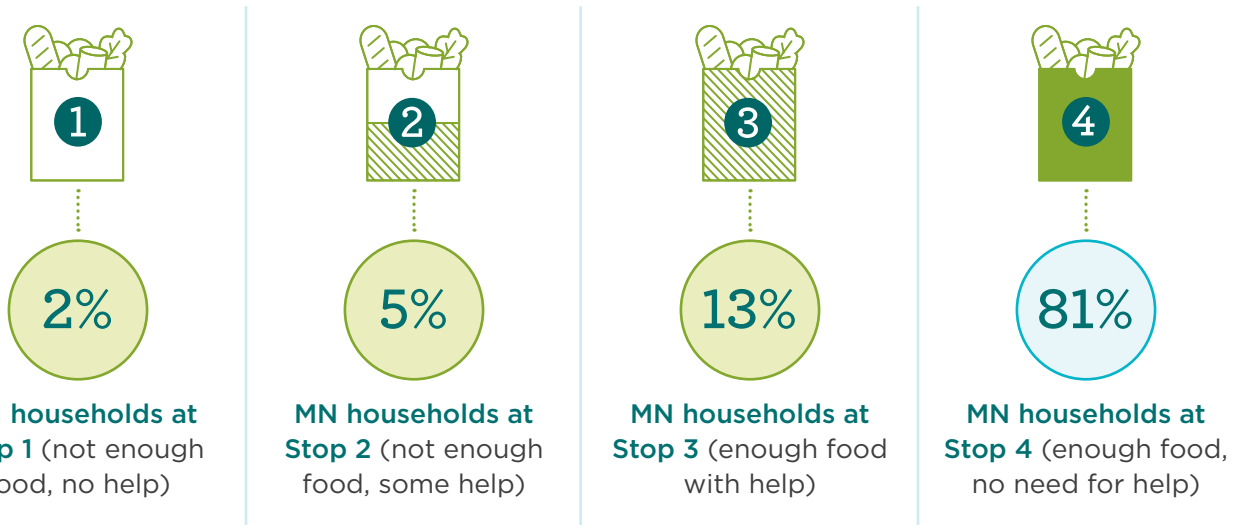
### STOP 4: FOOD SECURE

#### NO NEED FOR HELP

Households that have enough food without any help from the emergency food system

## WHERE MN HOUSEHOLDS FALL ON THE CONTINUUM

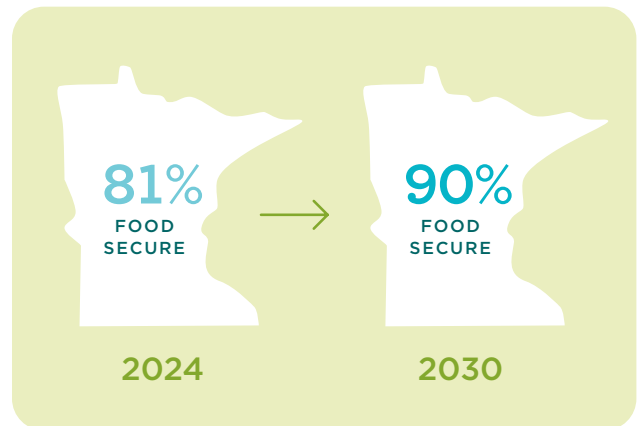
Our survey found that **20% of Minnesota households cannot afford the food they need**: 2% of households are at Stop 1, 5% are at Stop 2, and 13% are at Stop 3 (*percentages reflect rounding*).



## MAKE HUNGER HISTORY

Second Harvest Heartland is leading a bold, six-year initiative to reduce hunger across the state, with a goal of making 90% of Minnesota households food-secure by 2030. This vision will only become reality if everyone comes to the table to do their part.

We need neighbors, corporate partners, advocates, and lawmakers to prove that, together, we can make hunger history.



## HUNGER HOT SPOTS

Survey findings confirm that specific populations are facing additional challenges finding food. We are working alongside community leaders to meet these inequities head-on. Scan the code or go to [2harvest.org/makehungerhistory](https://2harvest.org/makehungerhistory) to learn more about the plan.

