



2010 Fact Sheet: Hunger Affects Everyone

"It saddens me to think that there are children in America who are hungry every day of their lives. No one can live — and grow — without such a fundamental necessity as food. If we Americans reach out to our own communities, we could end this crisis."

~ Country singer Tim McGraw

- In 2009, there were about 3 million food shelf visits statewide and 61 million pounds of food were distributed to Minnesota families by food shelves.
- From 2008 to 2009, there was a 24 percent increase in food shelf visits in Minnesota — the largest recorded increase in 28 years.
- Child visits to food shelves in Minnesota increased from 191,756 in the first quarter of 2008 to 236,652 in the same period in 2009.
- In 2009, almost 14 percent of Minnesota households did not have enough money to buy food.
- In the Twin Cities metro area in 2009, more than 18 percent of households with children struggled to purchase food.
- Hunger touches people of every age: 56 percent of food shelf visitors are families with children and 20 percent are seniors.
- More than 50 percent of adult food shelf visitors are employed and 65 percent make less than \$1,000 a month, not enough income to cover their basic needs.
- Of those who use Minnesota's food shelves, 47 percent of adults and 14 percent of children skip meals because there is not enough food at home.
- From 2000 to 2009, food shelf usage almost tripled — from more than 1 million visits to almost 3 million visits annually.

Sources: The State of Hunger in Minnesota (2005): Hunger Solutions Minnesota/Wilder Research; Survey of Food Shelves (2006): Quarterly food shelf reports, (2008); Children's Defense Fund Minnesota, (2007); State of the States (2007): Food Research and Action Center (2009); Hunger Partners.