NATIONAL HUNGER & HOMELESSNESS AWARENESS WEEK

NOVEMBER 13-21



A person does not have to experience homelessness to be hungry. However, when choosing between housing and food, people will often choose housing.

STATISTICS ON HUNGER



1 IN 8

HOUSEHOLDS EXPERIENCE FOOD INSECURITY

THAT'S NEARLY 44.2 MILLION AMERICANS [2]

11.4% The rise in food prices from August 2021 to August 2022



food insecurity increased from **10.2%** in 2021 to **12.8%** in 2022 — effecting in **10.3 million more people, including 4.1 million more children** [1]



1 IN 6

HOUSEHOLDS WITH CHILDREN EXPERIENCE FOOD INSECURITY

THAT'S A 40% INCREAEASE FROM 2021 [4]

CONSEQUENCES OF HUNGER

Fatigue and irritability, weakened immune systems, reduced physical and mental performance, high rates of heart disease, diabetes, obesity, blood pressure, and other nutrition-related health issues.

In children it is particularly dangerous and can have long term **neurological**, **behavioral, and mental health conditions**. These problems, in turn, effect their outlook in **school** and their **careers.**

In the unhoused, it can worsen the risk of **pneumonia** and **hypothermia**, weakened **immune systems**, **low blood pressure, organ failure,** and **decreased ability to heal injuries, depression, irritability,** and **fatigue.** [3]

FOOD RESOURCES

There are several food pantries, foodbanks, and government assistance programs that can greatly help people. Here are some helpful links to different resources.

Gleaners Food Bank - https://pantrynet.org/

Detroit Free Food Resources

Forgotten Harvest - https://www.forgottenharvest.org/find-food/

MIBridges - https://bit.ly/3FW0z8n

Homeless Shelter Directory https://bit.ly/49As0Cj

Sources:

1. Food Insecurity Increased in 2022, With Severe Impact on Households With Children... (cbpp.org)
2. Hunger & Poverty in America - Food Research & Action Center (frac.org)
3. Boosting SNAP: Benefit Increase Would Help Children... (cbpp.org)
4. https://hhweek.org/hunger-and-homelessness/

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