Homeless Action Network of Detroit

Food Security and Homelessness

In 2020, more than 38 million people were unable to have sufficient food to live an active, healthy life in the U.S.[3] In the same year, over 580,000 Americans were homeless.[4] There is a variety of factors that contribute to food insecurity in the U.S., and many of them disproportionately impact homeless individuals. Despite the apparent challenges, there are resources and ways to help improve food security.

What contributes to food insecurity?

Limited resources can make it difficult to become food secure. **Social resources** (supportive peers, community organizations)[2] and **economic resources** (well-paying job, transportation, etc.)[2] help cover basic needs, including food and housing

Housing costs also contribute to food insecurity.[1] Many low-income individuals have to choose between **buying groceries or paying rent.**[1] This can quickly lead to homelessness or food insecurity, and often both

Healthy food options are not frequently available to homeless individuals.[1] Food pantries and soup kitchens have helped reduce severe hunger, yet there is still **limited nutritional quality** among foods available through these services

Poor health can be a barrier to acquiring enough nutritious food.[2] Challenges with **mental health** and **physical health** can make it difficult to access food resources, and visa versa[2]

Resources to improve food security!

Food assistance resources are linked below:

- SNAP (Bridge card with EBT)
- Double Up Food Bucks
- WIC Project Fresh

Community resources are linked below:

- General community resource guide
- Social services and employment services

Housing resources from select service providers are linked below:

- Supportive housing services
- Eviction prevention programs

Available **nutritious food resources** are linked below:

- Find food pantries and soup kitchens near you
- Find farmers' markets near you

A produce prescription program is linked below:

- Fresh Prescription

Sources

[1]Bautista Project, 2022 [2]Fitzpatrick and Willis, 2021

[3]Move for Hunger, n.d [4]National Alliance for Ending Homelessness, 2022