



## Food Insecurity Resources

**Food insecurity is an immensely pressing health issue that reaches nationwide.** Across the country, **1 in 7 people are food insecure in 2025** (1). ***In Georgia in 2025, 1 in 7 people are food insecure, 1 in 5 children are food insecure, and 78% of eligible people participate in the Supplemental Nutrition Assistance Program (SNAP) in the state*** (1). Furthermore, an analysis of U.S. Census Bureau data from the annual Supplemental Poverty Measure found that more than **1 in 8 children (13%) lived in poverty in 2024** (2).

***SNAP is an important program for children's health.*** Without the support of government programs and policies, the child poverty rate would nearly double. Notably, 61% (5.9 million) of children living in poverty had at least one employed parent, reflecting the challenges working families face in meeting basic needs. **In 2023, children make up close to 40% of SNAP beneficiaries** (3).

***Food insecurity impacts an individual's physical and mental health - and has long-lasting impacts for children in particular.*** Children who experience food insecurity may experience negative health effects like growth and development harm, higher rates of asthma, behavioral issues, and mental health outcomes like depression (5). Other long term health impacts of food insecurity for adults include nutrient deficiencies, weakened immune systems, poor oral health, and higher healthcare costs (5).

**Throughout the holiday season, you may be hearing from partners about food insecurity and nutrition trauma. For families in need of assistance, the following resources can help. Please also consider donating to and stocking your local food banks during this time.**

### References

1. <https://www.acfb.org/facts-and-stats/>
2. <https://www.aecf.org/>

3. <https://ers.usda.gov/data-products/chart-gallery/chart-detail?chartId=58386>
4. <https://www.npr.org/2025/10/28/g-s1-95189/snap-food-stamps-government-shutdown-november>
5. <https://publichealth.jhu.edu/2025/what-is-snap-and-why-does-it-matter>

## Resources for Food Insecurity

- A recent report from [Annie E. Casey Foundation](#) highlights the growing urgency of food insecurity and poverty nationwide.
- The [Georgia Department of Community Affairs](#) details food resources available throughout the state and a few county specific food pantries.
- **Georgia Food Banks:** This is a list of a few food pantries and resources across the state
  - [Our Food Banks – Feeding Georgia](#)
  - [Atlanta Community Food Bank](#)
  - [Second Harvest of South Georgia](#)
  - [Second Harvest of Coastal Georgia](#)
  - [Georgia Food and Resource Center](#)
  - [Get Food for Free at CAC Mini-Markets](#)
  - [Food Bank of Northeast Georgia](#)
  - [A Better Way Grocers](#)
- [Protect SNAP: Stop Cuts to Food & Healthcare | Feeding America](#) breaks down the need for SNAP benefits.
- [FindHelpGA.org](#) offers a centralized page to find local community resources or speak with a resource specialist over the phone or by online to help locate resources.
- [Helping Mamas](#) is a supply bank of baby items and period products for Georgia families.
- These national databases are helpful for finding food banks and pantries close to you.
  - [Find Your Local Food Bank | Feeding America](#)
  - [Find Food](#)
  - [Instacart National Food Bank List](#)
- [GoPuff](#), [Instacart](#) [DoorDash](#), grocery and food delivery services, are offering SNAP recipients \$50 off groceries. Learn more how to access these offers [here](#), [here](#), and [here](#).
- This [resource guide](#) is a list of **Metro-Atlanta** organizations providing details on groceries and hot meals.

***Additionally, if possible, please consider donating to local food banks and/or [Instacart's Community Carts!](#)***