

## Hunger Facts

The United States has one of the highest poverty rates among industrialized nations.

### **What do hunger and food insecurity mean in the United States?**

USDA defines food insecurity by households that do not have adequate access to healthy food for an active, healthy lifestyle. Food insecurity with hunger means that families go without food for some days out of the month and in sever cases children go without food for one or more days a month. It is the lack of access to enough food to fully meet basic needs at all times due to lack of financial resources. Some people may find themselves skipping meals or cutting back on the quality or quantity of food they purchase at the stores. This recurring and involuntary lack of access to food can lead to malnutrition over time and other debilitating effects.

### US Hunger and Poverty Stats

- In 2023, about one in 7 households (13.5 percent) experienced food insecurity, an estimated 47.4 million Americans lived in these households.
- In 2023, 5.1% of U.S. households (1 in 20) experienced very low food security, a more severe form of food insecurity.
- In 2023, 13.8 million children lived in households that experienced food insecurity, up 3.2 percent from 2022.

NH does not measure hunger directly – hunger and food insecurity are measured by proxy utilizing poverty statistic.

#### In 2024

- 101,450 people in NH lived below federal poverty line; 7.2% of NH households experience food insecurity – not knowing whether they will be able to access enough food throughout the year.
- The federal poverty income guideline for a family of four in 2024 was \$31,200.
- **12,156 people (7.7%) were living in poverty in Merrimack County in 2024.**
- 8.3% of NH children under the age of 18 live in poverty; 18.2% live in Merrimack County
- 7.6% of NH seniors aged 65 or over live in poverty; 20.4% live in Merrimack County.

#### Other facts:

- Majority of NH poor and food insecure work
- CRFP Year Round Distribution Project has realized an increase of over 15% in the last 2 years.
- 65% of the food banks participating in the Feeding America network reported an increase in 2023.
- Competing basic human needs, food, shelter, clothing cannot be met with low wage jobs

Sources: US department of agriculture, US Census Bureau, food research and action center [www.frac.org](http://www.frac.org)