



What is Food Insecurity?

Food insecurity occurs when there is *inconsistent* access to enough healthy food for every person in a household to *live an active, healthy life*.

How Does This Happen?

Many people in America struggle to meet other basic needs, increasing the risk of food insecurity.

- Some causes:
 - Poverty, unemployment/underemployment or low income
 - Lack of affordable housing
 - Chronic health conditions or lack of access to healthcare
- Tipping points may be caused by unexpected changes that force a family to choose between buying food and paying bills:
 - Lay-offs at work
 - Workplace accidents or illness
 - Unexpected car repairs
- Other barriers:
 - Cost of healthy foods vs. calorie dense foods
 - Knowledge about healthy foods, cooking skills
 - Time - to prepare meals from scratch
 - Transportation and distance - to the grocery store
 - Storage for fresh or cooked foods; needed kitchen equipment
 - Physical disability or limitations
- Food Insecurity can have devastating consequences on children. It can:
 - stunt their growth
 - affect their ability to learn
 - cause anxiety or aggression
 - force them to withdraw from social interaction

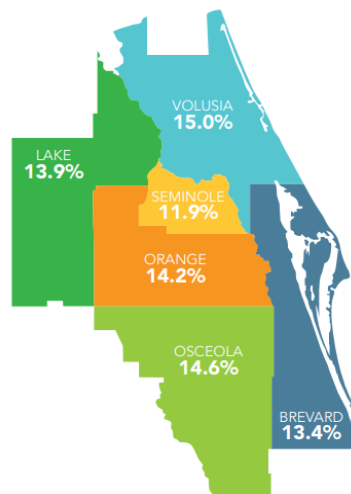
Food Insecurity in Central FL

About 13.8% (one in seven people) and 20.1% (one in five children) in central Florida live in food insecure households. This includes about 153,220 children. (<https://www.feedingamerica.org/hunger-in-america/florida>)

Learn more about the prevalence and impact of food insecurity in Central Florida at:

[Map the Meal Gap - Second Harvest Food Bank Of Central Florida](#)

[Hunger in Florida - Feeding America](#)



COUNTY	# INDIVIDUALS
Osceola	51,480
Volusia	80,680
Orange	191,090
Lake	48,140
Brevard	78,380
Seminole	54,880
TOTAL	504,650