



HUNGER IN ALABAMA

The information below was sourced from:
Feeding America | www.feedingamerica.org

Food insecurities are a lack of access to an adequate food supply for a healthy lifestyle for all members of a household. These households may not be insecure at all times.

In the United States, 1 person out of every 8 people struggles with hunger. Among low-income families, 1 family out of 3 families struggles to afford basic non-food household goods.

Individuals, whether children or seniors, who are food insecure are at a higher risk of developing diabetes, high blood pressure, heart disease and obesity. They are also more likely to continue an unhealthy lifestyle.

Children who struggle with hunger are more likely to perform poorly academically and socially.

STATS ON ALABAMA HUNGER

According to Feeding America, about 911,440 of the 4.8 million people in Alabama are food insecure. That means 18.8% of people are food insecure and are eligible for Federal Nutrition Assistance.



1 person out of every 7 people struggles with hunger



1 child out of every 4 children struggles with hunger



53.3% of the population are below the 130% poverty line

HOW YOU CAN HELP

To help fight hunger, contact your local food bank in order to donate accordingly. Feeding America has four major locations across Alabama, but each county usually has several food banks to donate food, money, or volunteer time. Join the fight against hunger today!

www.feedingamerica.org/find-your-local-foodbank

