

2024

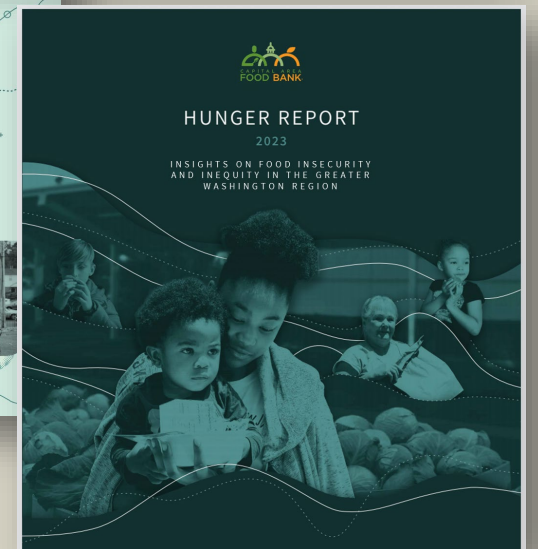
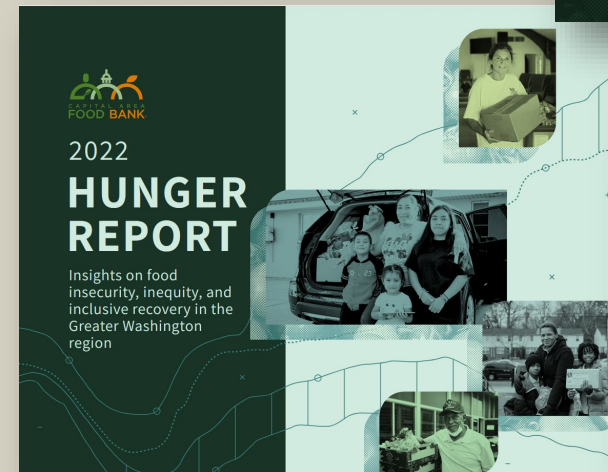
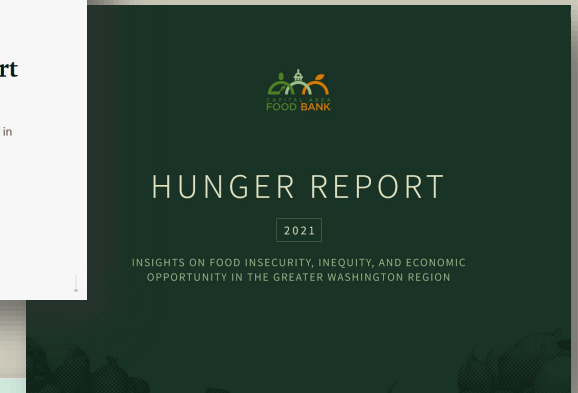
HUNGER REPORT

Insights on hunger and
inequity in Greater
Washington



Hunger Report Overview

- CAFB has published a Hunger Report **every year since 2020**
- These reports seek to offer **insights on the landscape of food insecurity** and underlying inequities in our region
- We conduct **original research** with our clients and the general population, and we publish our findings for all stakeholders
 - Policymakers
 - Corporations
 - NGOs
 - Media



2024 Study Overview

- For the third year in a row, CAFB partnered with highly trusted independent social research organization **NORC at the University of Chicago**
- We now have enough data to **begin charting trends** in the prevalence, severity, and geographic distribution of food insecurity
- The study was a **general population survey**, which is the most reliable and accurate tool available for understanding the prevalence of key concerns and opinions in the context of broader society
- Our study engaged over **3,800** people across the DMV and is **statistically representative down to the county level**

Client-Centered Research & Story-telling

- CAFB has worked closely with the **Client Leadership Council** in the creation of the Hunger Report



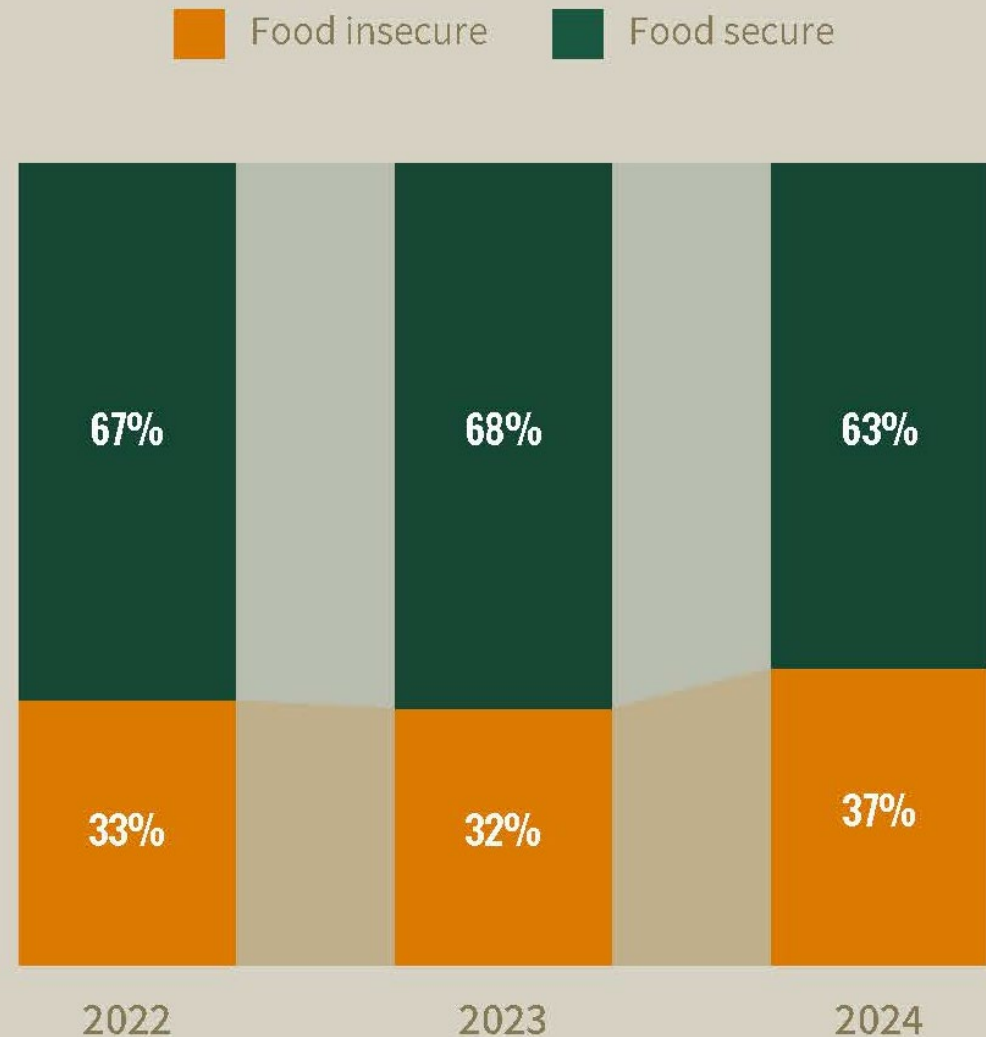
Chelsi, a single mom with a bachelor's degree, works full time but still struggles to support her three kids. To make ends meet, she takes on extra jobs, missing valuable time with her family.

- Role of the CLC
 1. Providing input on the research goals for our 2024 study
 2. Testing the questionnaire NORC developed
 3. Providing feedback on the outline and narrative for the Hunger Report
 4. Sharing personal stories that give a human voice to the data from the study

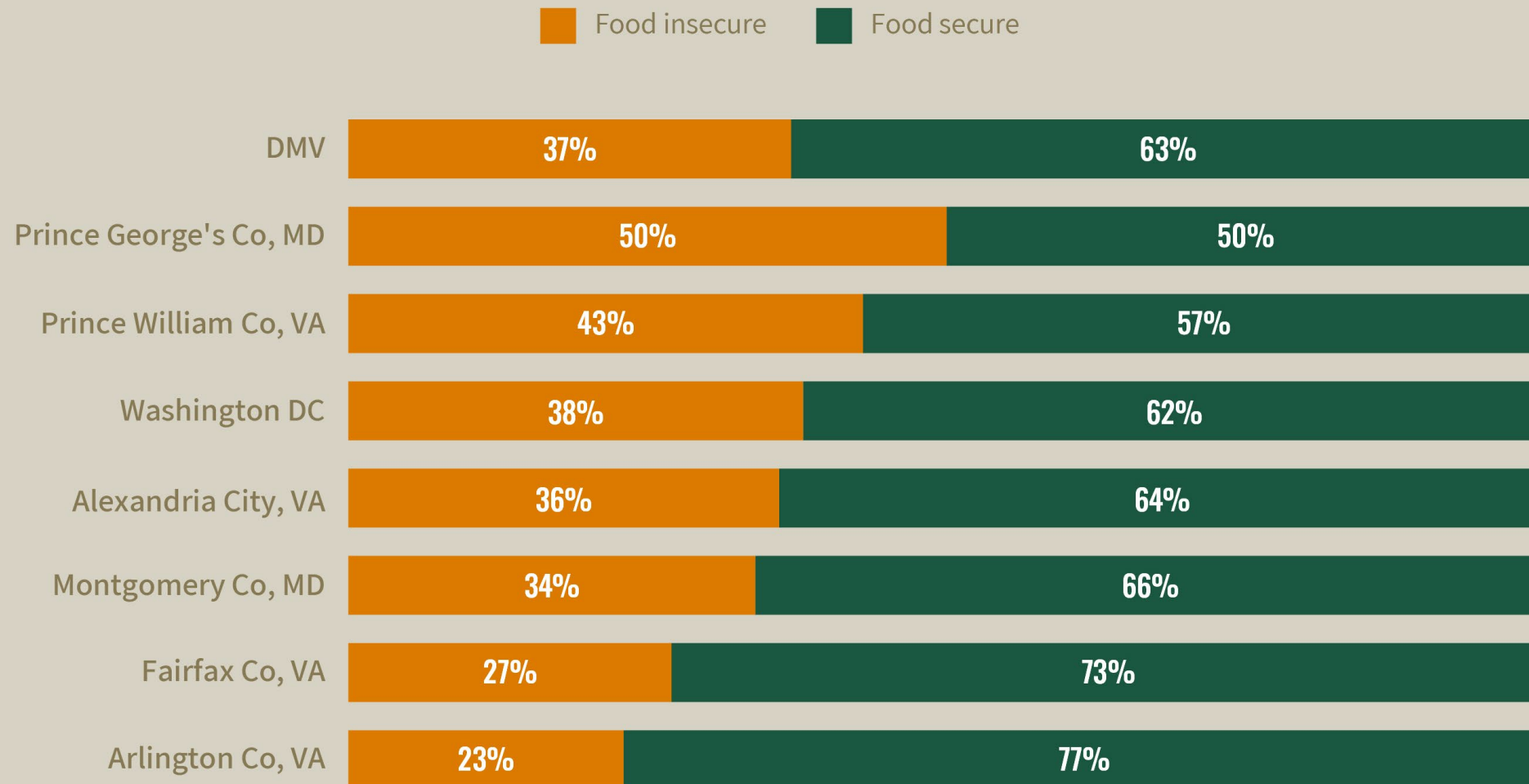
Key Finding #1:

Food insecurity has increased to 37%

- Across virtually every geography and demographic across the DMV, **food insecurity is on the rise**
- From 2023 to 2024, food insecurity increased 5%, **from 32% to 37%**
- Beyond the positive macroeconomic headlines of the last year, many of our neighbors are **experiencing a different reality**

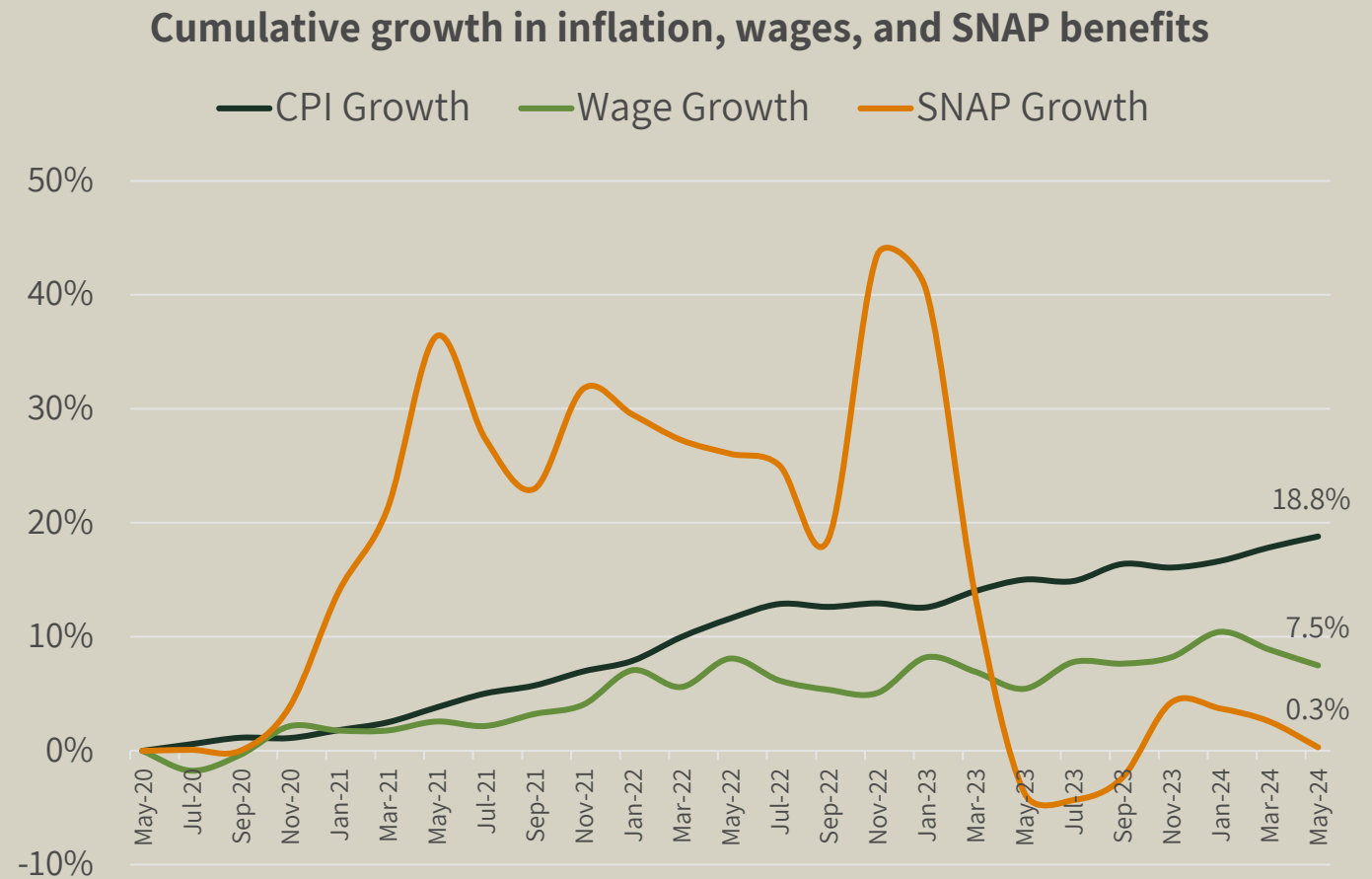


Key Finding #2: At the county level, food insecurity rates range from 23% to 50%



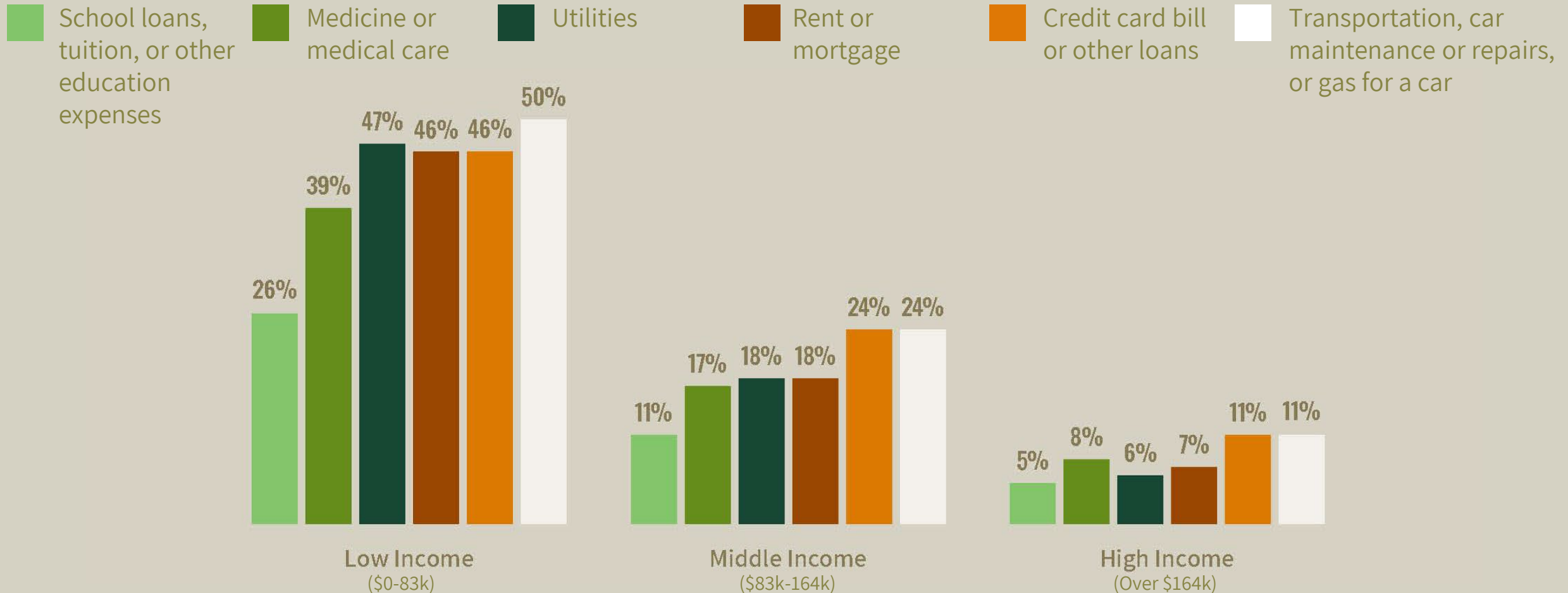
Key Finding #3: Primary drivers of food insecurity are inflation, ongoing employment hardships, and loss of pandemic-era supports

- While recent headlines are celebrating low year-over-year inflation rates, the **total increase since 2020 is 18.8%**
- **Wage growth has not kept pace** with inflation over that timeframe
- By 2024, all **pandemic-response government programs had ended** or reverted to pre-pandemic levels.



Key Finding #4: People across the income spectrum are facing serious trade-offs between food and other expenses

Households experiencing trade-offs with food and other costs



Key Finding #5: The food insecure population is working and largely educated

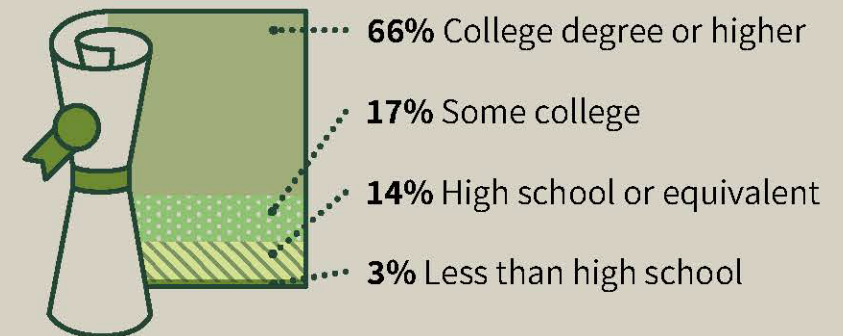
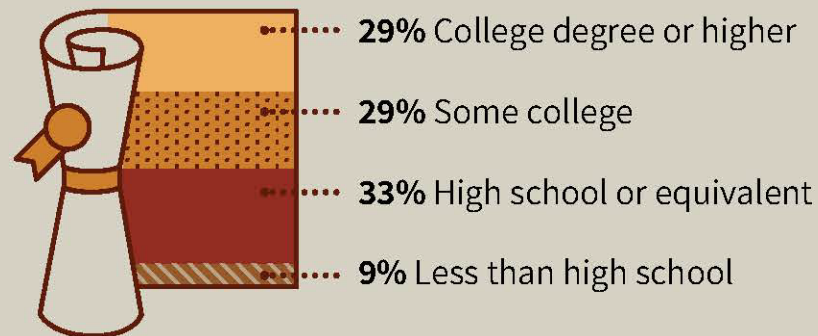
FOOD INSECURE

FOOD SECURE

EMPLOYMENT

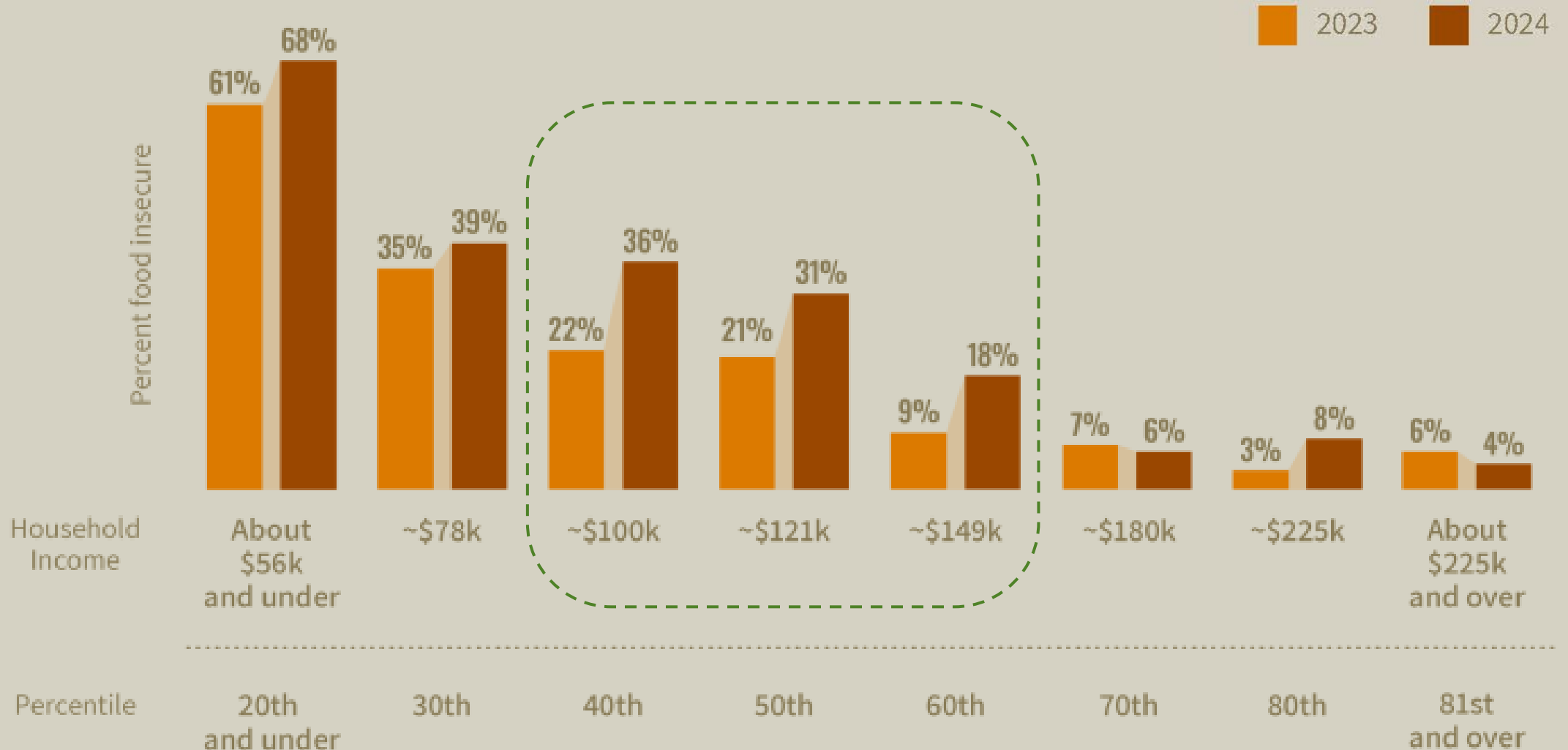


EDUCATION



Key Finding #6:

Food insecurity has risen most sharply in the middle class



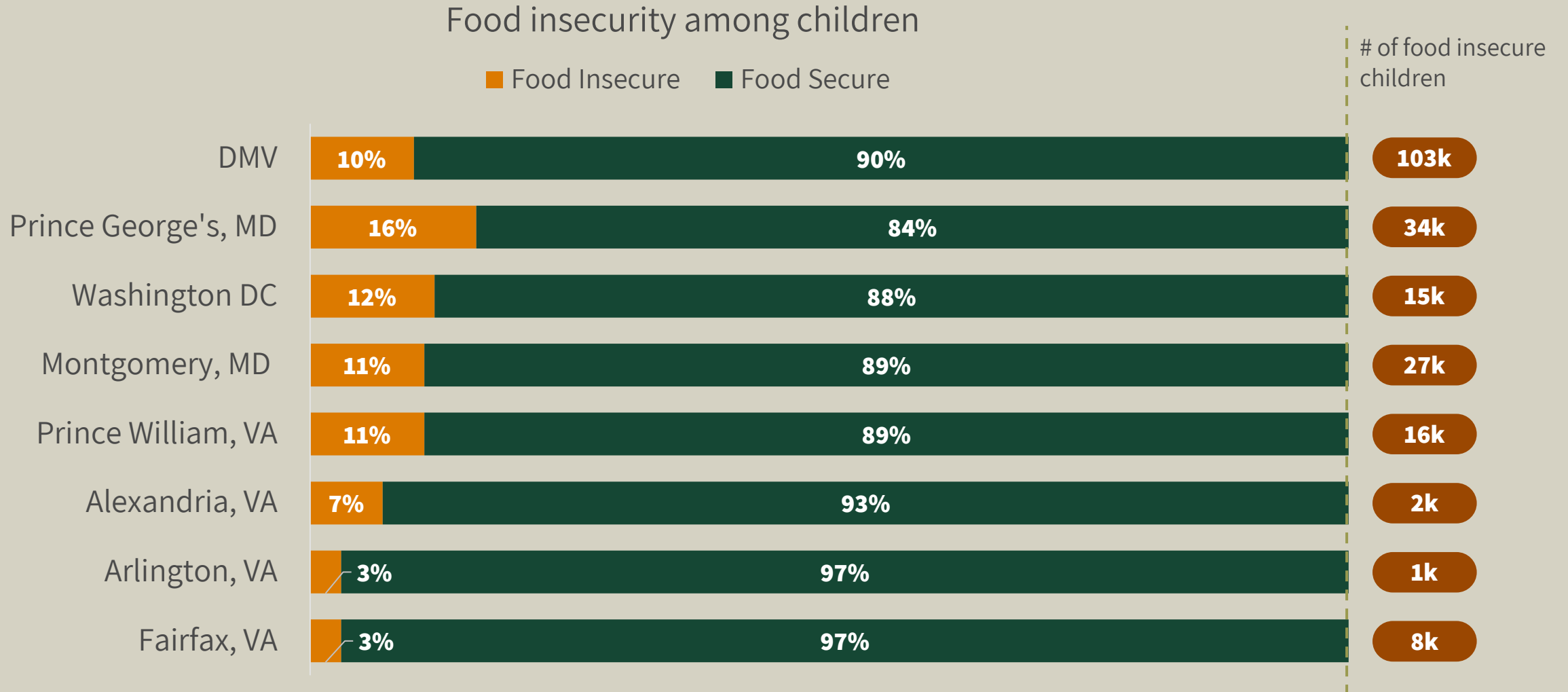
Key Finding #7:

People of color are 2-3x more likely to be food insecure than white people



Key Finding #8:

There are 103k food insecure children in the DMV



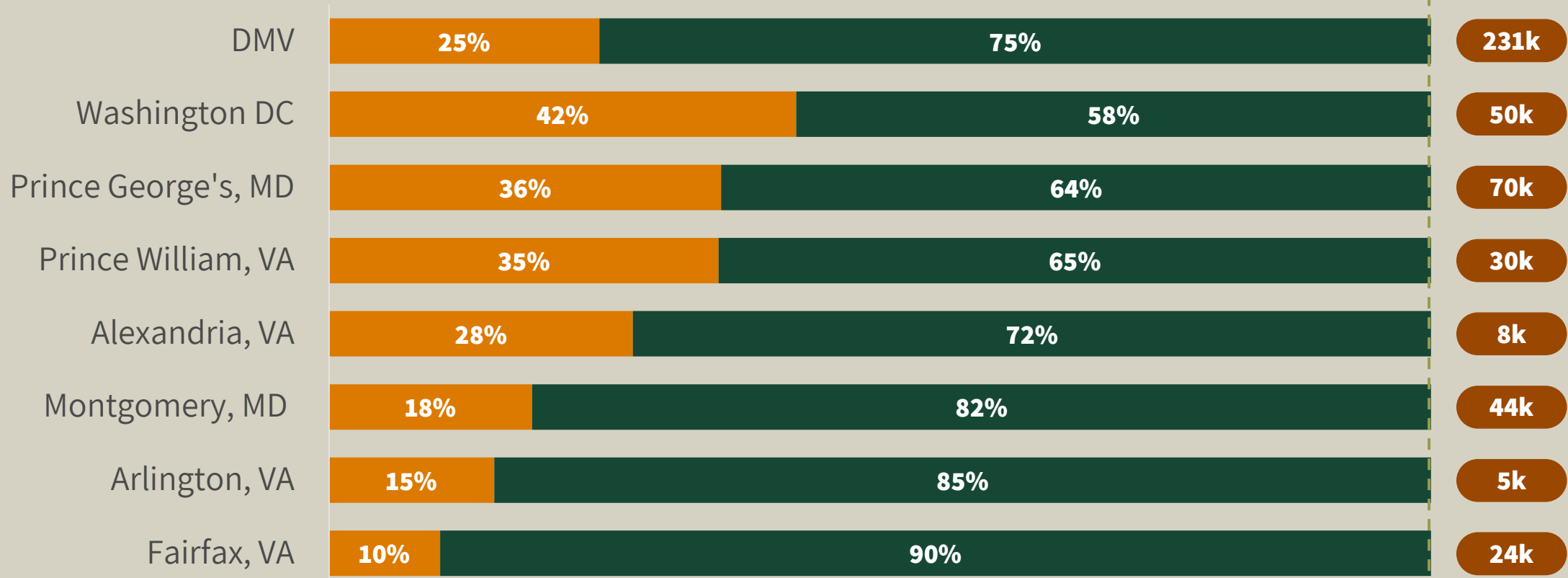
Key Finding #9:

There are 231k food insecure seniors in the DMV

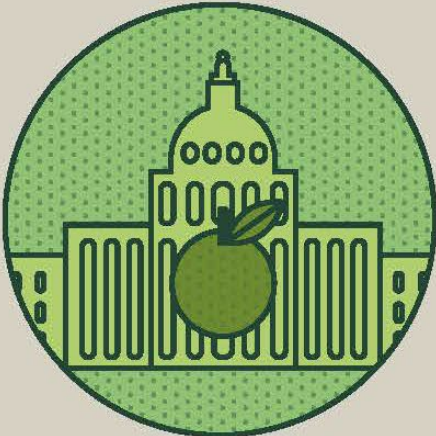
Food insecurity among adults age 60+

■ Food Insecure ■ Food Secure

of food insecure seniors



Recommendations for Addressing Food Insecurity



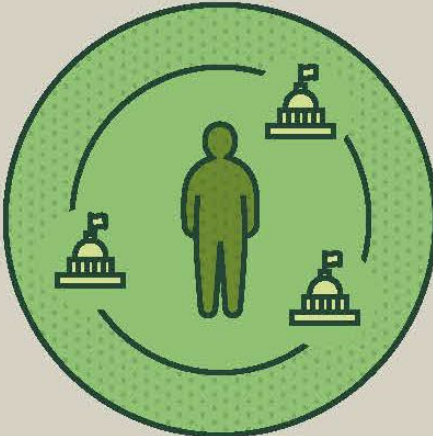
1

Maintain and strengthen federal programs



2

Adopt state policies for food access



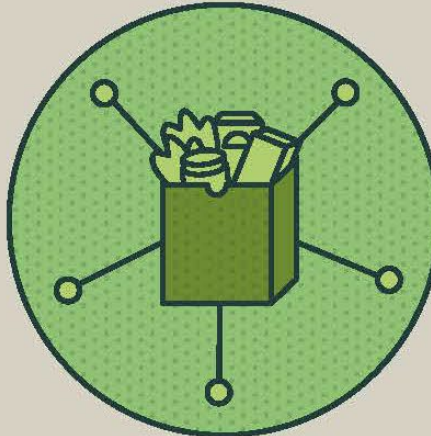
3

Address economic hardship holistically



4

Upskill the food insecure population



5

Increase accessibility of emergency food

Recommendation 1: Maintain and strengthen federal programs that support food security

Enhance **TEFAP** food offerings to align with client needs and increase funding to administer the program

02

01 Strengthen **SNAP** and reduce barriers to accessing the program

03 Reduce **CSFP**'s administrative burden for program participants

Recommendation 2: Adopt state-level policies that expand food access

Invest in programs that enable food banks to source fresh local food



04



Increase minimum SNAP benefits through state supplements

01

Support the expansion of Food Is Medicine programs

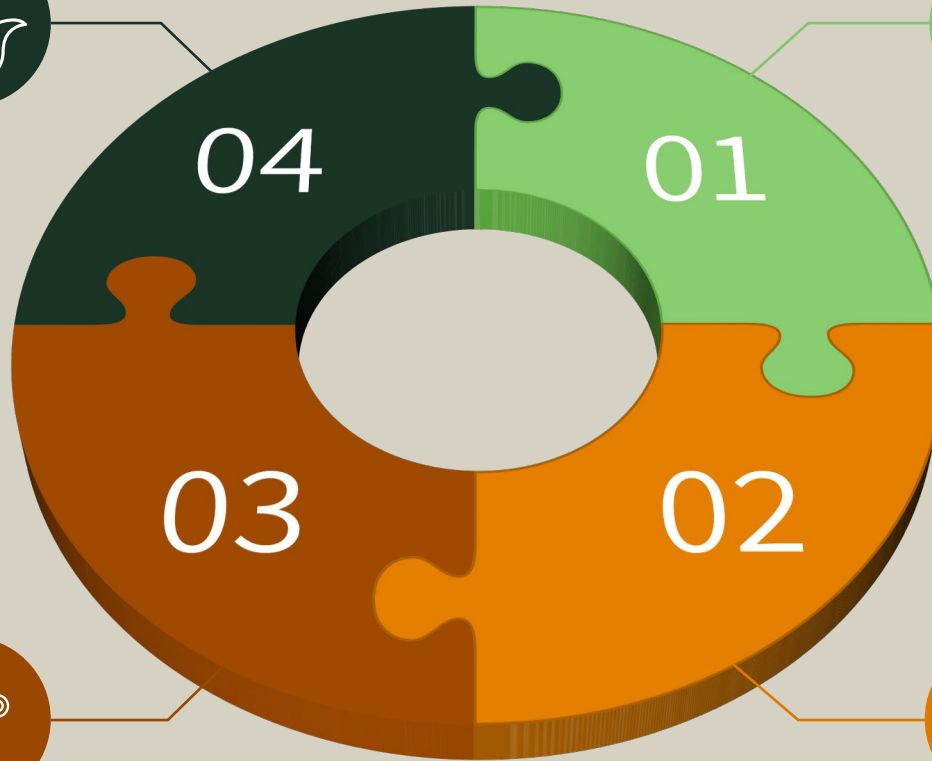


03

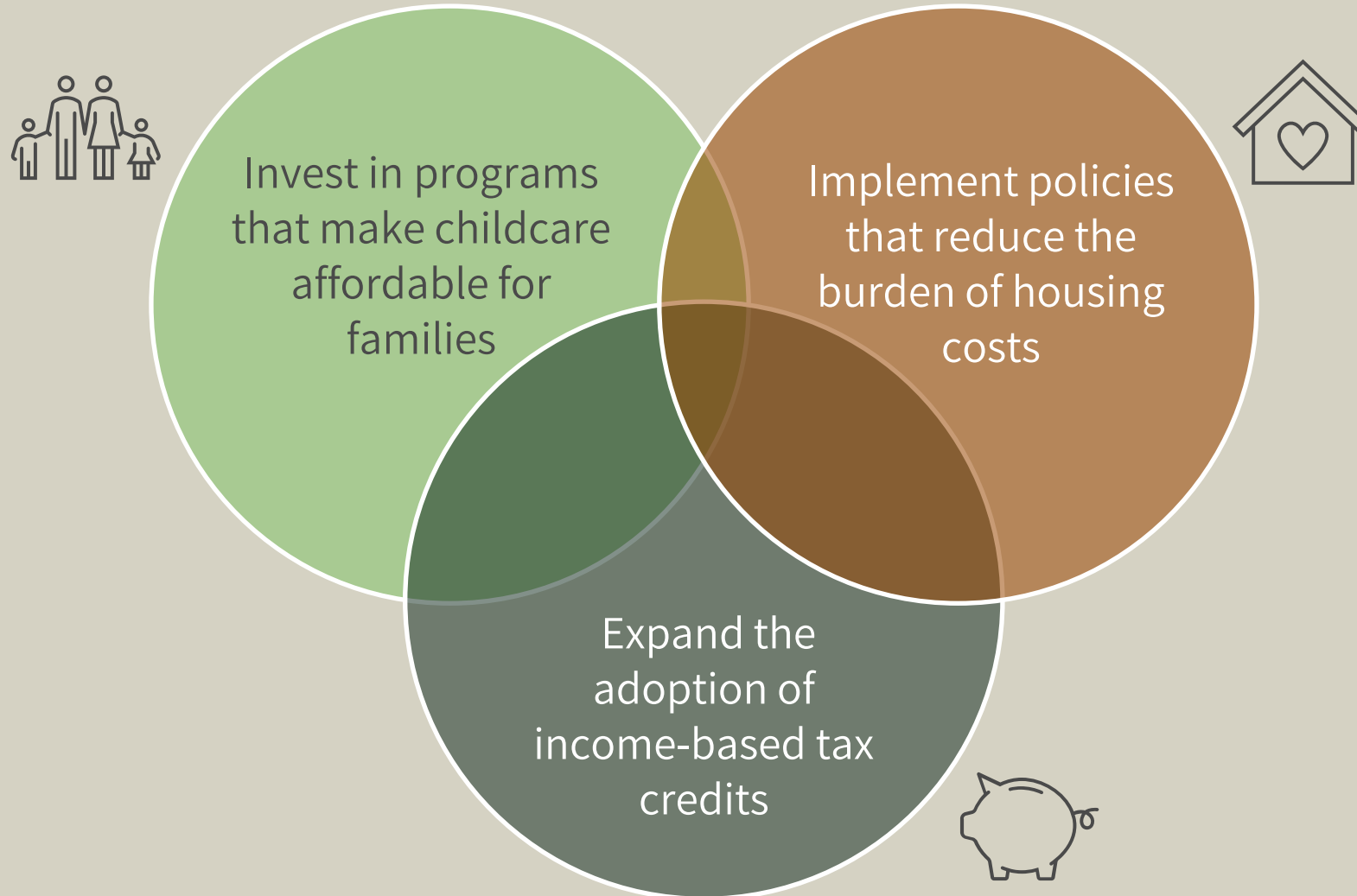


Enact universal school meals

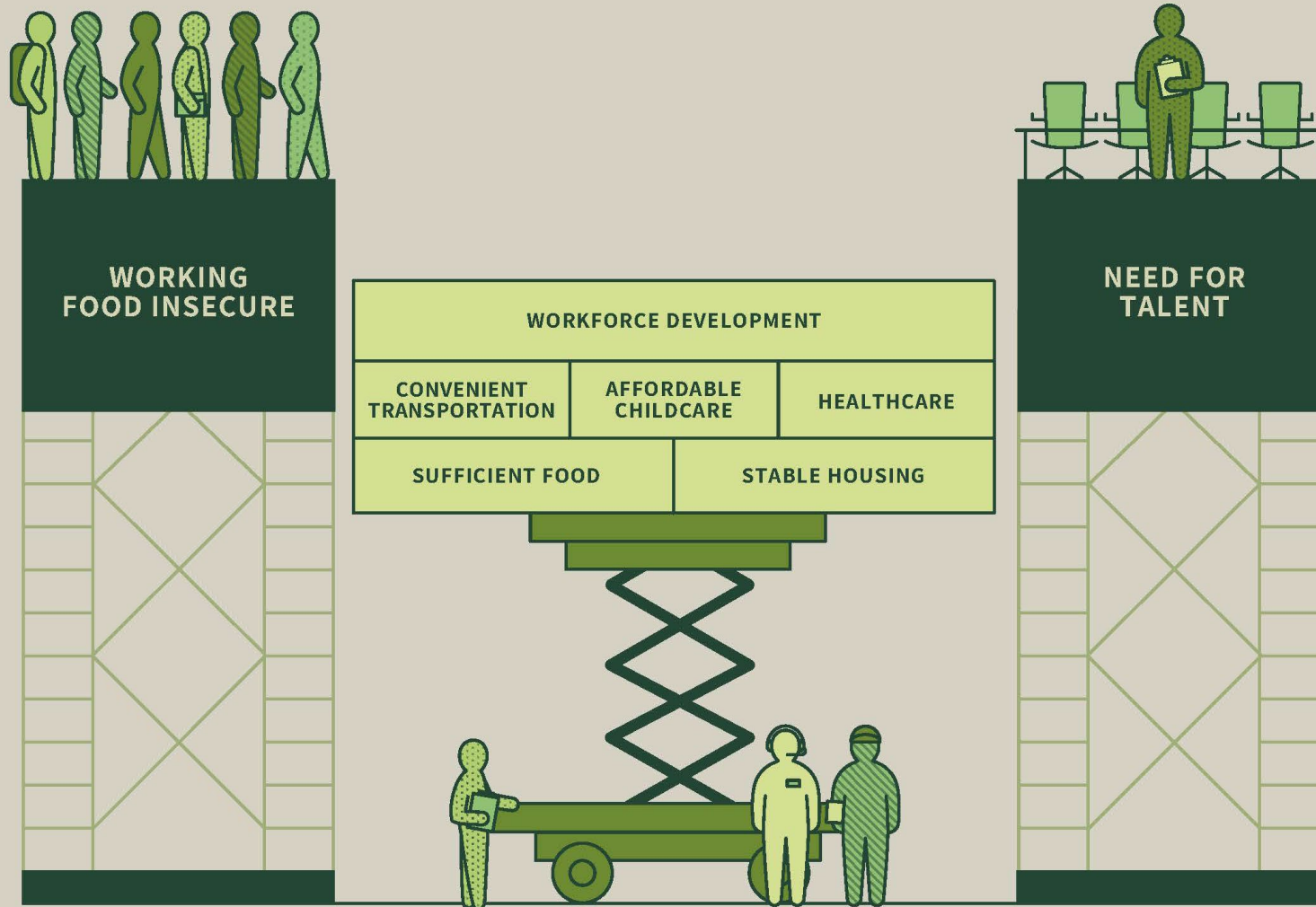
02



Recommendation 3: Support programs and policies that address economic hardship holistically



Recommendation 4: Invest in workforce development bundled with basic needs support to increase opportunity



Recommendation 5: Reduce barriers to accessing charitable food

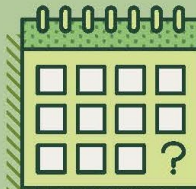
- The 2024 study found that **54%** of food insecure people **have not accessed any charitable food** in the last year.
- Several opportunities exist to address barriers to access

AWARENESS



48%

Not being sure if I qualify for assistance



46%

Not knowing when food will be offered



45%

Not knowing what organizations offer free groceries or meals

CONVENIENCE



39%

Not being able to attend when food is offered

STIGMA



31%

Not wanting to share my personal information



30%

Not wanting friends, family, or neighbors to know I need help



29%

Not feeling comfortable at food distributions

Sharing Data to Increase Impact

- **CAFB can share findings that are tailored** to specific issues or geographies beyond what was presented:
 - ✓ County-level cuts of all findings
 - ✓ Data by race, age, income, household structure, receiving gov't benefits, food security status, and more
- **Other questions** from the survey not included in the Hunger Report:
 - ✓ Receipt of various government benefits
 - ✓ Public opinion on various issues facing our community
 - ✓ Household food budgets, including earned income and gov't benefits
 - ✓ Preferences for types of institutions to visit for charitable food assistance
 - ✓ Time and transportation factors for accessing charitable food
 - ✓ Dietary restrictions

2024 HUNGER REPORT

Q&A

