

RURAL FOOD INSECURITY

Hunger in the Communities Where Most of our Food is Produced: a Focus on Kansas

WHAT IS FOOD INSECURITY?

The U.S. Department of Agriculture (USDA) defines food insecurity as a lack of consistent access to enough food for an active, healthy life[1]

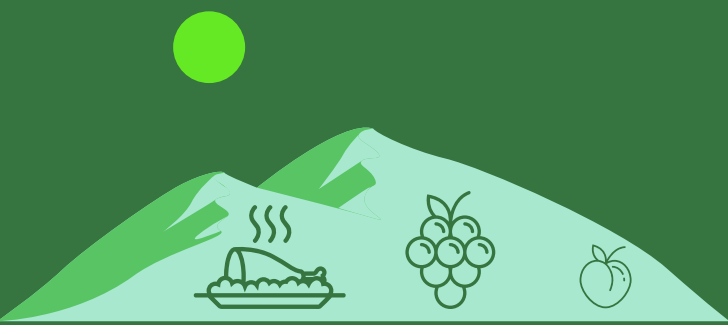
WHAT ARE FOOD DESERTS?

The USDA defines food deserts as low-income tracts in which a substantial number or proportion of the population has low access to supermarkets or large grocery stores[2]

CONSEQUENCES OF FOOD INSECURITY AND FOOD DESERTS

- SERIOUS HEALTH PROBLEMS ARISE FROM MALNUTRITION
- HAMPERS THE DEVELOPMENT OF CHILDREN
- CREATES AN ENVIRONMENT IN WHICH INDIVIDUALS MUST PICK BETWEEN FOOD AND OTHER NECESSITIES, LIKE HEALTHCARE, FOR EXAMPLE

RURAL POPULATIONS ARE MORE SUSCEPTIBLE TO FOOD INSECURITY



Greater Chance of Food Deserts due to Increased Distances to Food Sources



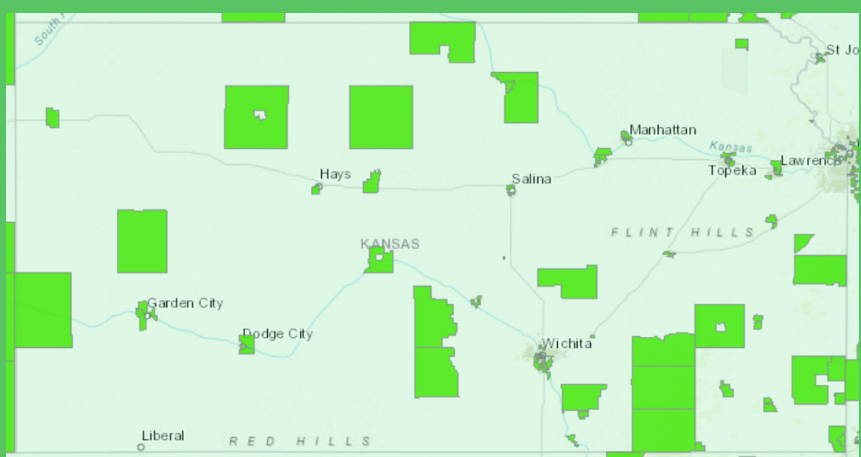
Job Opportunities that are More Likely to be in Low Wage Industries



Higher Rates of Unemployment in Rural Communities

EVIDENCE OF RURAL FOOD INSECURITY

- 26% of Rural Households are Food Insecure in Kansas[3]
- In the United States, 86% of the counties with the highest percentage of children at risk for food insecurity are rural[4]
- Approximately 2.3 million people (2.2% of all US households) live in low-income, rural areas that are more than 10 miles from a supermarket[5]



Food Deserts in Kansas

Credit: USDA Food Access Research Atlas[6]

SOLUTIONS FOR COST

Expansion of Government Welfare Programs Related To Nutrition (SNAP, School Lunch, WIC, TANF, etc.) to Provide more Funding and Further Accessibility to these Programs

Every Dollar Spent on SNAP adds \$1.70 to the Economy[7]

SOLUTIONS FOR ACCESSIBILITY

Implementation of Mobile Food Markets that Provide Nutritious Foods to Communities within Food Deserts

Lessened Distance to Nutritious Food Sources Makes Healthier Lifestyles More Accessible for Consumers

i. US Department of Agriculture, (2019). Definitions of Food Security. Available online at: <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security.aspx>
ii. Dutko, Paula, Michele Ver Ploeg, and Tracey Farrigan. Characteristics and Influential Factors of Food Deserts, ERR-140, U.S. Department of Agriculture, Economic Research Service, August 2012.
iii. "Table of Experts: Addressing Hunger in Kansas City." Bizjournals.com, www.bizjournals.com/kansascity/feature/table-of-experts/table-of-experts-addressing-hunger-in-kansas-city.html
iv. "Hunger Runs Deep in the Communities Working Hardest to Feed Us." Feeding America, www.feedingamerica.org/hunger-in-america/rural-hunger-facts.
v. United States Department of Agriculture Economic Research Service. "Access to Affordable and Nutritious Food: Measuring and Understanding Food Deserts and Their Consequences." United States Department of Agriculture, 2009.
vi. "USDA Food Access Research Atlas." 2020. Food Access Research Atlas, www.ers.usda.gov/data-products/food-access-research-atlas/go-to-the-atlas/.
vii. "Understanding SNAP, the Supplemental Nutrition Assistance Program." Feeding America, www.feedingamerica.org/take-action/advocate/federal-hunger-relief-programs/snap.