



## Hunger in America

In the wake of the COVID-19 pandemic, unemployment and food insecurity soared. In 2020, over 60 million people turned to food banks and community programs for help putting food on the table.

Source: Feeding America

## Facts about Hunger in America

- According to the USDA, more than 38 million people, including 12 million children, in the United States are [food insecure](#).
- The pandemic has increased food insecurity among families with children and communities of color, who were already faced hunger at much higher rates before the pandemic.
- [Every community in the country](#) is home to families who face hunger. But [rural communities](#) are especially hard hit by hunger.
- Many households that experience food insecurity do not qualify for [federal nutrition programs](#) and visit their local food banks and other food programs for extra support.
- Hunger in [African American](#), [Latino](#), and [Native American](#) communities is higher because of systemic racial injustice. To achieve a hunger-free America, we must address the root causes of hunger and structural and systemic inequities.

## Who faces Hunger in America?

Hunger can affect people from all walks of life. Millions of people in America are just one job loss, missed paycheck, or medical emergency away from hunger. But hunger doesn't affect everyone equally - some groups face like children, seniors, and African American, Latinos, rural, Indigenous, and other people of color face hunger at much higher rates. Hunger also most often affects our neighbors who live in [poverty](#).



## Hunger is closer than you think

Children and adults face hunger in every community across the country. Your neighbor, child's classmate or even coworker may be struggling to get enough to eat.

## Hunger threatens our nation's future

Many people facing hunger are forced to make tough choices between buying food and medical bills, food and rent and/or food and transportation. This struggle goes beyond harming an individual family's future, it can harm us all.

*This Thanksgiving, contribute to a community food bank, meals on wheels, a church pantry or a family in need. And don't forget college students and homeless shelters. Our communities are hungry! So, lend a helping hand.*



.....The Austin Areas **Black Contractors**  
extends our Best Wishes for a bountiful Thanksgiving.