

No matter where we live, our age, the color of our skin, who we love, or any other way we might identify ourselves,

**hunger affects every community – some much more than others.**

## Mobile Pantries

Mobile pantries bring free groceries directly to your community. They are a great option for many families, especially in areas where traditional food pantries and stores aren't available.

[Learn more about mobile pantries >](#)

## Drive-Thru Pantries

Drive-thru food pantries allow you to pick up free food without leaving your car. You can pick up shelf-stable food, meat, dairy, fresh fruits and vegetables, and more.

[Learn more about drive-thru pantries >](#)

## Senior Food Program

Many programs provide seniors with free meals or free groceries. Learn more about the senior food programs available at local food banks.

[Learn more about senior food programs in your community >](#)

## SNAP Application Assistance

If you or someone you know needs extra help buying groceries, you may qualify for SNAP. The Feeding America network can help you learn about your options and complete your application if you qualify.

[Learn more about the Supplemental Nutrition Assistance Program >](#)

## Summer Meal Programs

When school lets out, the Feeding America network continues free meal programs for kids, teens, and families. Free summer meals are available in communities throughout the country.

[Learn more about summer meal programs >](#)

## BackPack Program

Looking for extra help with groceries on the weekend? BackPack programs provide children and families with free, easy-to-make meals for the weekend and school breaks.

[Learn more about weekend backpack programs >](#)

## School Pantry Program

School pantries are partnerships between food banks and schools. These pantries are located in or near schools so it is as easy as possible for students and families to pick up food.

[Learn more about school pantries and find one near you >](#)

## Kids Cafe

Kids Cafes are after-school programs that give free meals to kids after school, on the weekends, and during the summer. They also have fun activities and tutoring.

[Learn more about Kids Cafes >](#)

## Key programs provided by food banks across the US and Puerto Rico and supports Feeding America's investment priorities

- Address racial and geographic disparities
- Maximize Food Sourcing and Sharing
- Elevate the Public Sector Role
- Expand Network Capacity
- Transform the Charitable Food Experience
- Catalyze a Movement

[Learn More about programs here](#)

# Geographic Disparities Persist

**63%**

of counties in  
the U.S. are rural.

**9**

out of 10  
counties with the  
highest rates of  
food insecurity  
are rural.



# KEY MESSAGES – SUMMER HUNGER STUDENTS

- For families and children facing hunger, summer can mean up to 90 days without school meals—and too often, that can mean worrying about where their next meal is coming from.
- An estimated 32 million meals are needed to help children and families during the summer months.
- More than 9 million children face hunger in the United States. In fact, households with children have higher rates of food insecurity than households without children.
  - Child hunger is more pervasive in rural counties. Data shows that 82% of counties with the highest rates of child food insecurity are rural.
- Communities of color experience food insecurity at disproportionate rates.
  - Black children are nearly three times as likely to face hunger than their white classmates.
  - Latino children are more than two times as likely to face hunger than their white classmates.

Even some of our nation's service members wonder where they'll get their

# next meal

In 2020,  
**1 in 4**  
active duty  
service members  
were food  
insecure.

About  
**1 in 9**  
working-age veterans lived  
in food insecure households.  
Food security is higher among  
working-age vets who are  
disabled, unemployed and  
female. (2015-2019)

Based on data from  
2015-2019, **food  
insecurity is  
elevated** among  
working-age veterans  
who are disabled,  
unemployed, and  
female.

# Military Talking Points

- In 2020, nearly a quarter (24%) of active-duty service members were food insecure. (Source: Department of Defense)
- The brave individuals who wear our country's uniform and their families make sacrifices every day, but going without food should never be one of them.
- Improving food security in the military is not only key to ensuring our service members and their families are provided for, it is critical to our national security and military readiness.
- While anyone can get food from pantries, including military members, some food banks near military bases have specific programs to help ensure our troops can put food on the table.
- Feeding America network food banks are working hard to help service members access the food they need, both by distributing food and advocating policies that would reduce food insecurity among military members and their families.



# One third

of households with an adult  
unable to work due to a disability  
are food insecure, and...

# One in four

households with a working  
member with a disability  
are food insecure.





Hunger affects

**20%**

black households  
compared to  
7% of white  
households.

And

**22%**

of Black children live in  
food insecure households –  
nearly three times the  
number of white, non-  
Hispanic children.





# 16%

of Latino households  
in the U.S. struggles  
with hunger.

# One in five

Native American individuals are food insecure, which is nearly three times the rate for white, non-hispanic individuals.



# Food insecurity varies greatly among Asian American and Pacific Islander communities, with some groups experiencing higher rates of food insecurity.

- Approximately **17% of Pacific Islanders (1 in 6)** experienced food insecurity (based on 5-year averages, 2017-2021)
- Approximately **6% of Asian Americans (1 in 17)** experienced food insecurity (based on 5-year averages, 2017-2021)
- Disparities are more significant among recent immigrants from select Asian or Pacific Island nations.

A close-up portrait of an elderly woman with short, light-colored hair. She has a serious, somewhat somber expression, looking slightly to the right of the camera. Her skin shows signs of aging with wrinkles, particularly around her eyes and mouth. She is wearing a dark-colored top. The background is softly blurred, showing what appears to be an indoor setting with warm lighting. On the right side of the image, there are several thin, vertical white lines of varying lengths, creating a decorative or graphic element.

Households with a lesbian,  
gay, or bisexual adult are

**more likely  
to be food insecure  
than households  
without a sexual  
minority adult.**