

Food Insecurity

Food insecurity occurs when people lack reliable access to enough affordable, nutritious food.



What it looks like

- Skipping meals or eating smaller portions
- Relying on inexpensive, less nutritious food
- Going hungry due to lack of funds

How can you help?

- Donate directly to food bank and pantries
- Volunteer your time at local food programs
- Advocate for policies that address hunger
- Support community gardens



<https://www.fbd.org>