HUNGER IN CENTRAL ALABAMA

Based on a research study conducted by the Community Food Bank in 2018, this is what we know about hunger in our community:

We visited and spoke with:

- **195 Households**
- **28 Food pantries**
- **11 Counties**

Survey respondents at a glance:

- **Urban**: 46%
- **Rural**: 54%
- **Black**: 61%
- **White**: 37%
- **Latino**: 1%
- **More than 1 race**: 2%
- **Age 20-39**: 13%
- **Age 40-59**: 42%
- **Age 60-80+**: 45%

We learned there is no single face of hunger.

Our neighbors are struggling with HUNGER... 82%

- **82%** have run out of food and didn’t have enough money to get more.

53%

- **53%** ate less than they felt they should because there wasn’t enough money for food.

and they depend on food pantries to make ends meet.

- **72%** would run out of food this month if their food pantry was not available to them.

- “The food pantry keeps me from starving.”
- “Without the food pantry, there’d be times when I wouldn’t have anything to feed my grandsons.”
- “Sometimes I had nothing and nobody else.”
- “[The food pantry] helps me stay alive.”

*Highlighted is the 12 county region served by the Community Food Bank of Central Alabama*
Tough choices

Clients have to make many difficult decisions to get enough food for their household.

- 73% 🥦 had to choose between FOOD & MEDICINE.
- 62% 🍦 had to choose between FOOD & UTILITIES.
- 54% 🚗 had to choose between FOOD & TRANSPORTATION
- 42% 🏠 had to choose between FOOD & RENT/HOUSING

Have bought food in dented or damaged packages to save money 50%
Have gotten help from family or friends 58%

Food is Health.

Low-income households are at greater risk for costly illnesses.

- 78% Buy the cheapest food even if it is not the healthiest.
- 80% High blood pressure
  - National average: 32%
- 44% Diabetes
  - National average: 9%
- 51% High cholesterol
  - National average: 11%

Source: Centers for Disease Control.

Poor health limits productivity.

- 46% Said poor health kept them from their daily activities at least 4 days per month.

- Only 12% of clients eat the recommended amount of vegetables per day.
- Only 30% of clients eat the recommended amount of fruit per day.

Clients want healthier food
Top 5 foods requested:

1. Meat
2. Fresh fruits and vegetables
3. Dairy products
4. Frozen fruits and vegetables
5. Grains