

# 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:



Birmingham, AL

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



We visited and spoke with:

195

Households



28

Food pantries



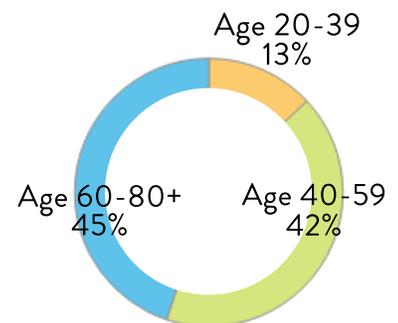
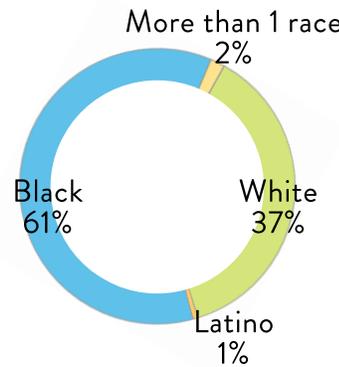
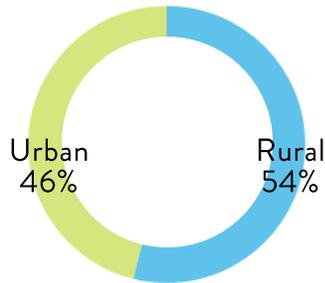
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Counties



## Survey respondents at a glance:

We learned there is no single face of hunger.



Our neighbors are struggling with **HUNGER...**

82%

Have run out of food and didn't have enough money to get more.

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."

# 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%**

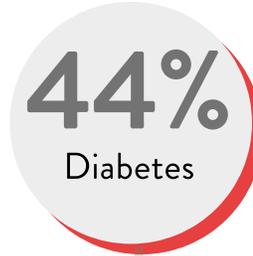
# Food is Health.

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

**78%** Buy the **cheapest food** even if it is **not the healthiest.**



National average:  
**32%**



National average:  
**9%**



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