

HUNGER FACTS

Hunger in Southeast Texas and Houston

The Need

- On any given day, 66,000 people in southeast Texas experience the pain of hunger and have no food; 5,000 are children.
- 800,000 individuals receive food assistance each year through a network of hunger relief charities.
- One in four children (25%) in southeast Texas is food insecure, or at risk of being hungry; overall, one in five people (18%) is food insecure.

The Face of Hunger

- They're working: two-thirds of food insecure families with children have at least one working adult.
- Not homeless: 97% of people served by southeast Texas hunger relief organizations have permanent housing.
- Seniors: 20% of people served by southeast Texas hunger relief organizations are age 60 or older.

Difficult Choices and Spending Trade-Offs

Hungry families report they must often choose between paying for food and other necessities.

- Food vs. utilities - 72%
- Food vs. rent or mortgage - 60%
- Food vs. medical care - 74%
- Food vs. transportation - 70%

Coping Strategies

What do hungry families do if they don't have enough to eat

Chronic child hunger symptoms

- Extreme thinness
- Puffy / swollen skin
- Dry, cracked lips
- Chronic sickness
- Saving or hoarding food
- Inability to concentrate