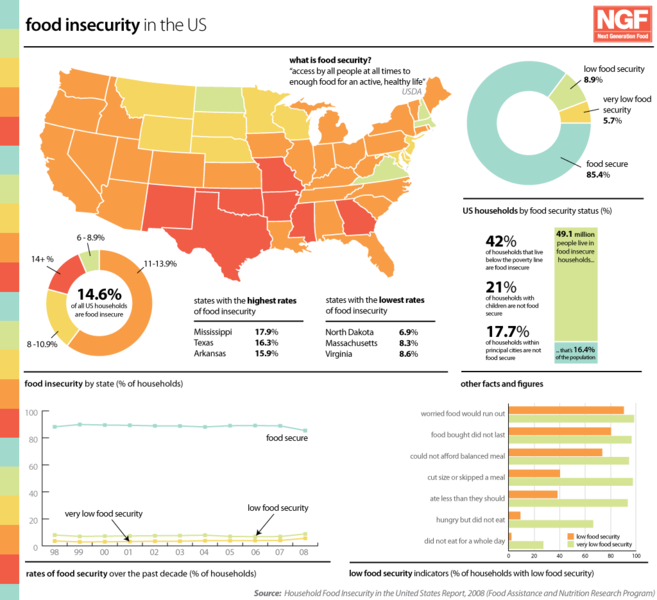
**The Facts:**

* In 2018, an estimated 1 in 9 Americans were food insecure, equating to over 37 million Americans, including more than 11 million children.1
* According to the latest research by the San Diego Hunger Coalition, an estimated 443,000 (1 in 7) people in San Diego County experienced food insecurity in 2017.2
* Countywide, 163,000 children – more than 1 in 5 – don’t always have enough food to eat. 2
* In San Diego, more than half (55%) of low-income adults experiencing food insecurity are employed.2
* According to the San Diego Hunger Coalition, 1 in 10 people who go to food banks has a military member in their family. 2
* Kids who are food insecure are more likely to miss school and exhibit behavioral problems 4
* Food insecurity can lead to: Skipping meals, quality of food decreases, the amount of food is not enough food to support healthy and active lifestyle4
* Adults who are food insecure are 47% more likely to visit the ER or be hospitalized 4

**Terminology**

* Hunger- Feeling of discomfort or weakness caused by lack of food.
* Food deserts- Neighborhoods or communities that have limited access to affordable and nutritious food.

**Did You Know?**

* In San Diego County, 43% of adults and 43% of children live in households below 200% of Federal Poverty Level experience food insecurity2
* In San Diego County, More than half (55%) of adults experiencing food insecurity are employed and 43% are working full-time 3
* Most of East County is categorized as a food desert

**Want to get involved?**

* Volunteer at a Food Distro & find out What locations/sites are near you via 211 San Diego (see link below)