

Food insecurity in Washington state

"A hungry man is not a free man."
—Adlai E. Stevenson

"Food is our common ground, a universal experience."
—James Beard

18% of US households with children experienced food insecurity in 2023

25% of WA households with children experienced food insecurity in 2023

13% Portion of U.S. households' expenditure on food

33% Portion of the lowest income households' expenditure on food



Rates of food insecurity are significantly higher than the national average for:

- Single-parent households
- Women living alone
- Black and Hispanic households
- Households in principal cities and rural areas

In 2022, food prices increased faster than any year since 1979

Food insecurity increases the risks of:

- Type 2 Diabetes
- Hypertension
- Obesity
- Cardiovascular disease
- Child development problems (physical & behavioral)

