**Food Insecurity Defined**

“Food insecurity refers to USDA’s measure of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods. ***Food-insecure households are not necessarily food insecure*** **all the time**.Food insecurity may reflect a household’s need to make **trade-offs** between important basic needs, such as housing or medical bills, and purchasing nutritionally adequate foods” 9



**Fig. 1** United States Food and Drug Administration (2019). Food insecurity rates are highest for single mother households and households with incomes below poverty line. Retrieved from: [URL to Source](https://www.ers.usda.gov/data-products/chart-gallery/gallery/chart-detail/?chartId=58384)

**Ask One More Question**

* In the past 12 months, have you worried if food would run out before you had money to buy more?
* Do you know where to access/find vegetables and fruits (local produce programs)?
* Do you have a way to get to and from the produce program?



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