



Food security means access by all people at all times to enough food for an active, healthy life. (USDA 2022)

Food insecurity is not only defined by having insufficient amounts of food, but also a diet that is lacking in quality, variety, or desirability. (ERS USDA 2022)

- Food insecurity is financial and hunger is physical. (Stacker.com/feedingamerica.org/USDA)
- Food insecurity can happen at individual, household or community levels