



**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