



Food Insecurity Fact Sheet

Hunger impacts ...

- **A child's ability to learn and focus in school.**
- **A person's physical health:** People who experience food insecurity are more likely to suffer from chronic conditions and malnutrition.
- **A person's mental health:** Food insecurity is stressful, potentially causing depression and anxiety.
- **A person's well-being:** Not being able to meet basic needs can lead to social isolation, stigma, and shame.

Did You Know? In North Hartford, approximately 50% of families live at or below the federal poverty line.

Food insecurity is an official term from the USDA. It's when people don't have enough to eat and don't know where their next meal will come from.

One in eight Connecticut children experiences hunger.

The North End of Hartford is classified as a food desert *and* a food swamp. A **food desert** is a low-income, low-access area where the nearest grocery store is at least 1 mile away, which can be a major barrier for those without transportation. A **food swamp** is an area with a higher density of fast food and junk food options than healthy food options.