Lesson 14
The Hunger Gap
Food Security Definition

Consistent access to enough safe, nutritious food for an active, healthy life, without resorting to emergency food programs, scavenging, or stealing.


Photo credit: Michael Milli, CLF.
Household Food Security

Members of food-insecure households may:

- Be forced to skip meals
- Be unable to afford balanced meals
- Worry their food will run out before they can afford to buy more
- Eat less than they feel they should because they lacked money to buy more
- Lose weight because there wasn’t enough money for food


Photo credit: Michael Milli, CLF.
Household Food Security

Almost one in seven U.S. households — over 17 million — suffer from food insecurity.


Photo credit: Michael Milli, CLF.
Food Deserts

Areas with limited access to healthy food, often defined using these four criteria:

- Household income
- Distance from a supermarket
- Vehicle ownership
- Availability of healthy food in local stores


Community Food Availability Map: Clifton Park

- Median household income: $25,737
- Percent of households with no vehicles available: 44.2%


Community Food Availability Map: Southwest Baltimore

- Median household income: $24,946
- Percent of households with no vehicles available: 52.8%


Community Food Availability Map: Roland Park

- Median household income: $104,481
- Percent of households with no vehicles available: 4.4%

“To many people, hunger means not just symptoms that can be diagnosed by a physician; it bespeaks the existence of a social, not a medical problem.”

Photo credit: Michael Milli, CLF.