FOOD INSECURITY

- Food Security is a Federal measure that is concerned with each household's ability to provide enough food for each member of the household to lead a healthy and active lifestyle.
- 27% of LGBTQ adults are food insecure.
- Within LGBTQ adults that are food insecure, we see even greater disparities for LGBTQ identified adults that are also persons of color, and mothers.

FOOD INSECURITY & TRANS YOUTH

- 1 in 5 American youth is food insecure.
- About 40% of homeless youth identify as LGBTQ.
- Homelessness is one of the principal causes of food insecurity.
- Trans youth are disproportionately homeless.
- Homeless LGBT youth endure higher rates of physical and sexual abuse than their heterosexual peers.
WHY?

- When you don’t have anything else, having access to food can be everything.
- Food shelves may not be possible.

FOOD INSECURITY & HEALTH DISPARITIES

- Hunger at any age is an issue. Childhood hunger; however, can have lasting implications to health.
- According to Feeding America, children that face food insecurity end up in the doctor’s office more often due to low immune system response.
  - They often do not develop as quickly as their food secure peers.
  - This is not only a problem in physical development, but also with intellectual and emotional development.
- Not only do hungry youth have more health barriers, developmental delays, but they also tend to have a harder time keeping up in school.
FOOD SECURITY RESOURCES

- SNAP - Provides food and cash assistance for those that income qualify. 18 and under do not need to meet income guidelines but must have a valid address.

<table>
<thead>
<tr>
<th>Household</th>
<th>Income</th>
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<tbody>
<tr>
<td>1</td>
<td>$1,287</td>
</tr>
<tr>
<td>2</td>
<td>$1,736</td>
</tr>
<tr>
<td>3</td>
<td>$2,184</td>
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</tbody>
</table>

- Food Shelves - Food shelves can provide immediate relief to hunger. Many also have other important poverty relief resources as well as links to other health services.
- Dining Sites - Groups such as Loaves and Fishes operate community meals that are free on certain days at certain times.
- Find more Food Security Resources in your area at www.hungersolutions.org

WHAT CAN YOU DO?

- What ways can your community come together to help ensure that everyone has access to fresh, nutritious foods?
USDA INFORMATION STATEMENTS

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Submit your completed form or letter to USDA by:

1. **Mail:**
   
   U.S. Department of Agriculture
   Office of the Assistant Secretary for Civil Rights
   1400 Independence Avenue, SW
   Washington, D.C. 20250-9410

2. **Fax:** 202-690-7442

3. **Email:** program.intake@usda.gov
This institution is an equal opportunity provider.

For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at 1-800-221-5689, which is also in Spanish or call the MN Food HelpLine at 1-888-711-1151.

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