

# FOOD INSECURITY IN CHARLOTTESVILLE

## WHAT IS FOOD INSECURITY?

Food Insecurity refers to a **lack of access to enough food** to sustain an active, healthy lifestyle for all families. Food insecure households may need to make **trade-offs between important basic needs** such as housing or medical bills, and purchasing nutritionally adequate food.



**1 in 6** Charlottesville residents face food insecurity\*

\*Charlottesville Loaves and Fishes Pantry, "About Hunger."

# 57%



Of Charlottesville students are eligible to receive free and reduced meals\*

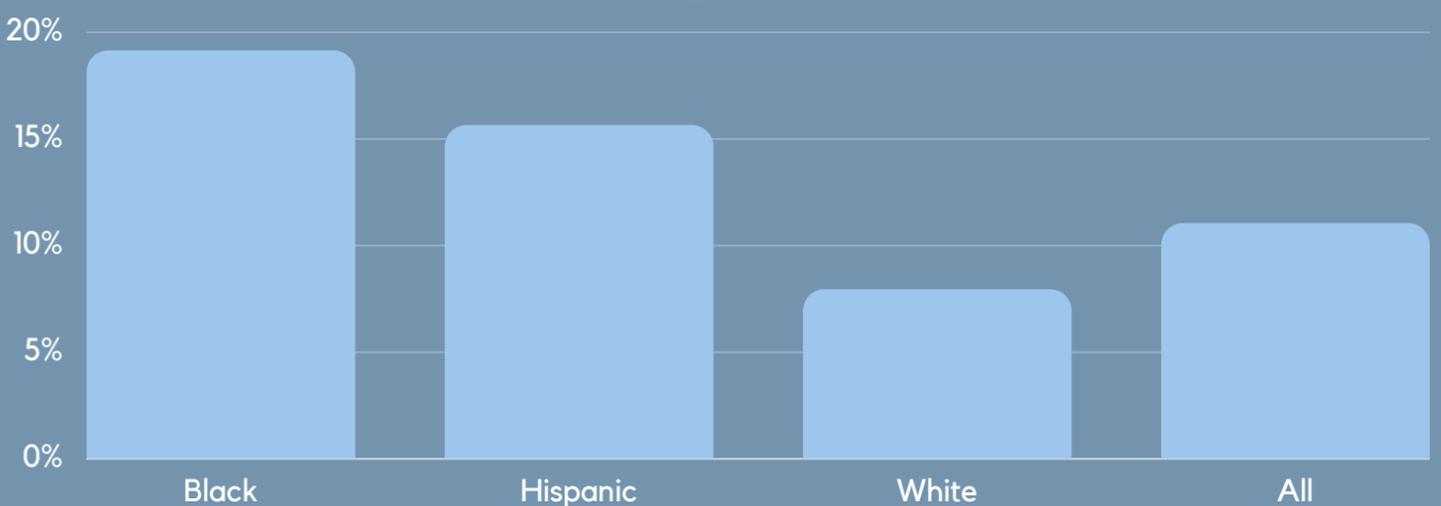
\*VDOE: Office of School Nutrition Programs

## FOOD INSECURITY & ECONOMIC EQUITY

For residents living at half of the Area Median Income (AMI) in Charlottesville, approximately **43% of their income** was required to cover housing costs for the year 2017. This figure is more alarming for citizens living at 30% of Charlottesville's AMI, where **71.3% of their income** is needed to cover housing. For a city where 1 in 4 citizens live below the federal poverty line, approximately 12,000 people, housing costs play an instrumental role in determining household food budgets.

\*Cultivate Charlottesville Food Justice Network, 2020

## A DEEPER DIVIDE: FOOD INSECURITY INEQUITIES



\*USDA Economic Research Service, 2019

## IMPACT ON QUALITY OF LIFE

Food insecurity often results in frequent hunger, skipping meals, and a diet heavy in processed foods. Food insecurity in children is associated with poor health, obesity, developmental issues, and behavioral problems.

## A WORSENING ISSUE...

Between 2001-2016, the number of Charlottesville households receiving Supplemental Nutrition Assistance Program benefits increased by **160%\***

Reduced incomes and higher food prices have led households to reduce the quantity and quality of food consumption. These reductions in consumption and nutrition are reversing gains in poverty reduction and may have long-term impacts on the cognitive development of young children.\*\*

\*Charlottesville Food Justice Network  
\*\*World Bank, "Food Security and COVID-19."



# COMMUNITY RESOURCES



## 1. CHARLOTTESVILLE FOOD JUSTICE NETWORK

Cultivate Charlottesville's Food Justice Network builds racial equity in their food system through education, organizing, and advocacy. As a collective, they have over 35 organizations working together to build health and food security in Charlottesville.

## 2. LOAVES AND FISHES

Loaves and Fishes exists to provide food assistance to families and individuals in need in Charlottesville and surrounding communities. They provide free groceries once per month to low-income households.

## 3. CHARLOTTESVILLE CITY SCHOOLS

- **Daily Lunchtime Delivery** provides hot lunches to students via bus routes from 11:30-12:30PM

## 4. ALBEMARLE COUNTY PUBLIC SCHOOLS

- **On site meal provision**
- **School Bus Meal Delivery Program** provides meals to students along bus routes
- **School Meal Pickup Program** at designated midday pickup locations
- All school meals provided **free of charge**, regardless of income level



## 5. THE HAVEN

## 6. EMERGENCY FOOD NETWORK



## 7. CHARLOTTESVILLE SALVATION ARMY

## 8. UVA COMMUNITY FOOD PANTRY & SATELLITE FOOD PANTRY NETWORK



Scan this QR code for a full list of resources, their locations, and their hours!



\*Please note, this infographic is not an exhaustive list of Food Security and Access Resources and only includes some of the agencies and resources in the Charlottesville area.