

Food Insecurity

Tackling Food Insecurity in Dallas County, Texas



Understanding Food Insecurity:

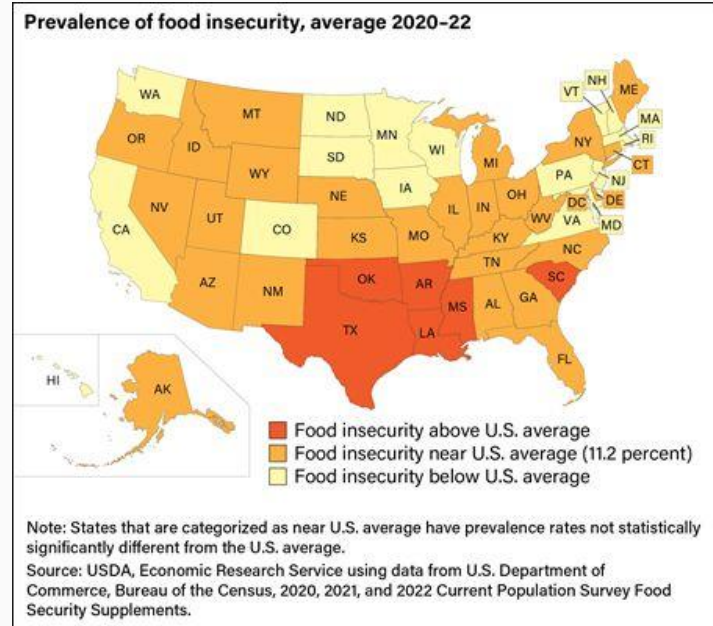
Food insecurity, defined as the lack of consistent access to enough affordable, nutritious food for an active, healthy life, is a significant issue impacting millions of people worldwide.

This presentation aims to delve into the prevalence and ramifications of food insecurity in Dallas County, Texas, while also highlighting potential solutions and avenues for individual and collective action.

The Magnitude of Food Insecurity in the United States

The United States faces a concerning level of food insecurity, with 1 in 8 individuals experiencing food scarcity.

This translates to over 37 million people, including a disproportionately high number of children, with 1 in 6 facing hunger.



Food Insecurity in Dallas County, Texas

According to the latest data from the U.S. Department of Agriculture (USDA), the food insecurity rate in Dallas County, Texas, was 13.7% in 2023. This means that 13.7% of households in Dallas County had difficulty accessing enough food for all their members due to lack of money or other resources.



Contributing Factors

A number of factors that contribute to food insecurity



- **Low wages:** The median household income in Dallas County is \$76,671, which is below the national median of \$79,570.
- **Unemployment:** The unemployment rate in Dallas County is 3.3%, which is slightly higher than the national average of 3.6%.
- **Underemployment:** Many people in Dallas County are working multiple jobs and still struggling to make ends meet.
- **Limited access to affordable housing:** The median home value in Dallas County is \$356,200, which is much higher than the national median of \$329,100.
- **Limited access to healthy food options:** Many grocery stores in Dallas County are located in areas with limited access to public transportation, making it difficult for low-income residents to purchase groceries.

The Impact

The profound impact on individuals and families



- **Hunger and malnutrition**
- **Health problems**
- **Poor school performance**
- **Mental health issues**
- **Increased poverty**

Solutions

Several measures can be taken
to address food insecurity in
Dallas County



- **Increasing access to SNAP benefits**
- **Expanding the availability of affordable housing**
- **Investing in job training and education**
- **Supporting community gardens and urban farms**
- **Promoting healthy eating habits**

The Fight

Ways to help combat
food insecurity ways you can
help combat food insecurity



- **Donating to local food banks and pantries**
- **Volunteering your time at a food bank or soup kitchen**
- **Advocating for policies that support food security**
- **Raising awareness about food insecurity among friends and family**

Call to Action

By working together, we can create a world where everyone has access to the food they need to live a healthy and productive life.



"Let's plant seeds of change right where we are. Let's empower ourselves and our communities to grow healthy food."

- Michelle Obama

Please join us in the fight against food insecurity.

Together, we can make a difference.

References:

North Texas Food Bank: <https://ntfb.org/>

Feeding America: <https://www.feedingamerica.org/>:

<https://www.feedingamerica.org/>

USDA Food and Nutrition Service: <https://www.fns.usda.gov/>:

<https://www.fns.usda.gov/>

Thanks!

Contact us:

Coy Poitier

3662 W Camp Wisdom Rd,
Dallas, TX 75237

coy@coypoitier.com

www.coypoitier.com

