

# The State of Food Security in Minnesota

## About the Study

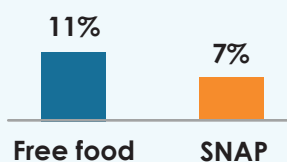
The goal of the survey was to learn about how households across the state are doing on a “hunger continuum.” Second Harvest Heartland and Wilder Research collaborated on the development of this measurement in order to learn more about the level of stability related to food for Minnesotans.



**Nearly one in five Minnesotans were classified as having some level of food insecurity.**

## Food shelves are a crucial support

A higher share of households (11% overall) reported accessing free food (such as from food pantries, food shelves, food banks, or grocery giveaways) than any other type of food aid, including SNAP (7% overall).



## Most have enough food, but require external support

The majority of households report having sufficient food; however, a substantial portion report use of resources such as food shelves, community meals, and SNAP to meet their needs.

## Some households reported consistently lower rates of overall stability

Households:



in which the primary language spoken is not English



identifying as BIPOC, but especially those identifying as Black or American Indian



living below 200% of the federal poverty line



in the Northwest region of Minnesota



with children also struggle with overall stability, but to a lesser extent than the households listed above

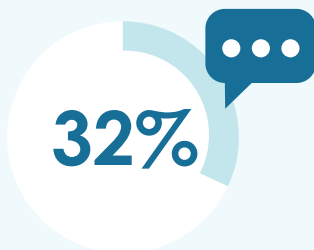
These households were more likely to experience hunger and difficulty accessing resources, which is in line with the challenges many Minnesotans face with other necessities like housing and transportation.

## Perspectives of food access vary by race and language

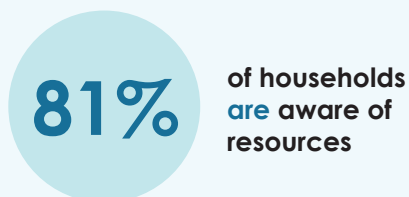
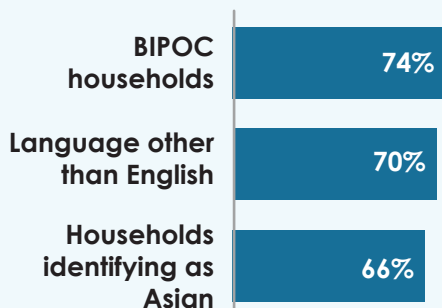
70% of households said they felt “very confident” that they would have enough food to eat one year from now.



However, this number was much lower for BIPOC households and for households who speak a language other than English at home (32%).



These households were also more likely to indicate a lack of awareness about food-related resources in their community.

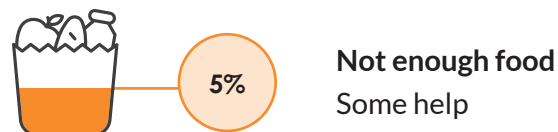
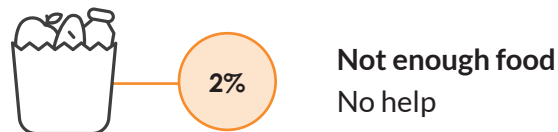


## The hunger continuum

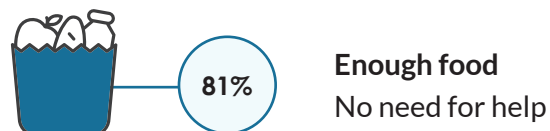
In order to better understand the landscape of food security for Minnesotans, Wilder Research and Second Harvest Heartland collaborated on the development of a metric designed to capture more information about how households source their food and what this might say about the stability of their status.

13% of Minnesotans depend on food aid, like food shelves or SNAP, to get enough to eat. Because this help isn't always guaranteed and can be affected by policy changes (state or federal), these households are still at risk of food insecurity.

### Food Insecure



### Food Secure



Note: Totals exceed 100% due to rounding

## For more information

Sera Kinoglu  
Wilder Research:  
[sera.kinoglu@wilder.org](mailto:sera.kinoglu@wilder.org)

Karen Spitzfaden  
Second Harvest Heartland:  
[kspitzfaden@2harvest.org](mailto:kspitzfaden@2harvest.org)

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