

Statewide Hunger Study

Findings from a Survey for Second Harvest Heartland

Sera Kinoglu, MA
Walker Bosch, MA

JANUARY 2025



Contents

Executive summary.....	1
Survey scope	1
Hunger continuum	1
Patterns of disparity	1
Highlighted recommendations	2
Introduction & background.....	3
About Second Harvest Heartland.....	3
Methodology	5
Piloting a new metric	8
Respondents	9
Survey findings	11
Hunger continuum insights	11
The state of food security in Minnesota.....	14
Key takeaways	18
Recommendations & considerations.....	19
References	25
Appendix.....	26
Data Book.....	26

Figures

1. Pounds of food distributed by Second Harvest Heartland over the past 5 years.....	3
2. Aggregate sample and complete totals	5
3. Population-based sample and survey respondents by geographic area	6
4. Respondent demographics; unweighted	9
5. Regions of Minnesota used for data analysis	10
6. Regional representation of the hunger continuum	12
7. Hunger continuum data crosstabulations	13
8. Barriers identified by respondent group	17
9. LILA Census tracts.....	20

Executive summary



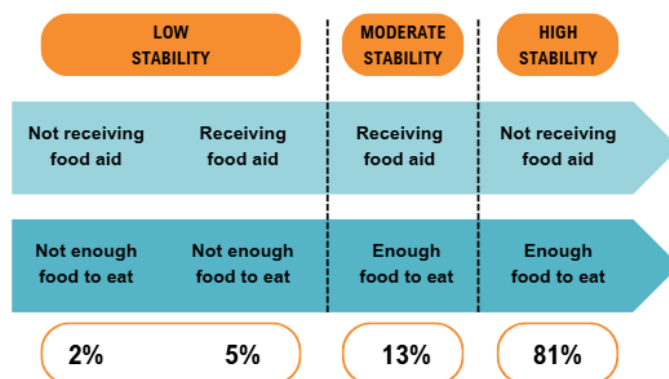
In 2024, Second Harvest Heartland kicked off the Make Hunger History initiative which aims to cut hunger in half for all Minnesotans by 2030. Second Harvest Heartland contracted with Wilder Research to conduct a randomized statewide study to learn more about the prevalence of hunger across the state. In addition to gathering this information, Second Harvest Heartland and Wilder Research collaborated on the development of a new metric to better understand hunger on a continuum.

Survey scope

A paper survey was mailed to 20,000 randomly sampled residential addresses across the state. Households were also given an option to complete the survey online or by phone. Wilder Research received just over 3,000 completed surveys, and weighted the data set by household income profile to reflect Minnesota's income distribution.

Hunger continuum

Based on the responses to a set of questions, survey participants were placed along a continuum, which considers reported experiences of hunger along with use of food aid or resources. This pilot metric provides deeper insight into households' stability regarding food access and by extension, the extent to which Minnesotans rely on certain resources (e.g., the Hunger Relief Network) to meet their food needs.



One in six respondents said that it was somewhat or very hard to get enough food to eat for all the people in their household, and, based on our food security metric, an estimated 19% of households fall into a category that Second Harvest Heartland considers food insecure (any household reporting not enough food or receiving food aid).

Patterns of disparity

Some demographic groups showed consistently lower rates of overall stability based on their responses:

- Households in which the primary language spoken is not English
- Households identifying as BIPOC, but especially those identifying as Black or American Indian
- Households living below 200% of the federal poverty line

- Households in the Northwest region of Minnesota
- To a lesser extent than the groups listed above, households with children

These respondents were more likely to report experiencing hunger, concern for getting enough food, and challenges accessing resources. This aligns with our overall understanding of which Minnesotans often struggle with other essential needs (e.g., housing, transportation).

Highlighted recommendations

Closely examine access to fresh food



For households located relatively far from a grocery store, or for those without reliable transportation, their ability to get fresh or preferred foods on a regular basis is limited. This is a known issue, particularly in rural areas of the state. In Minnesota, about 12% of the population lives in what the USDA calls a LILA tract—a census tract with a poverty rate of at least 20% and where at least 33% of the tract’s population live more than 1 mile from the nearest food store (or 10 miles in rural areas).

Continue to build and strengthen partnerships



Second Harvest Heartland’s longstanding history and positive reputation in the state are important assets in the drive for advocacy and collaboration toward its *Make Hunger History* goal. Deepening partnerships and building out its network could allow Second Harvest Heartland to more effectively achieve this goal, particularly when collaborating with culturally specific organizations.

Look for opportunities to apply a food justice framework



Many organizations working in the field of food access have been moving toward program models that center food justice, which incorporates tenets of equity, local food movements, and community engagement. Future initiatives should prioritize the local context when determining program development and service provision, including primary language, racial and ethnic identity, socioeconomic status, local historical context, and environmental landscape.

Consider further research to gather qualitative insights



This study illuminated important nuances related to our understanding of food security and provided a new approach to measuring it. However, additional research would help us learn more about the needs of households within each of the categories on the hunger continuum. By expanding the breadth and depth of our knowledge about these households’ experiences with accessing food and food-related aid or resources, those in a position of influence—policymakers, nonprofit leaders, and even service providers—can make informed decisions about implementing meaningful change.

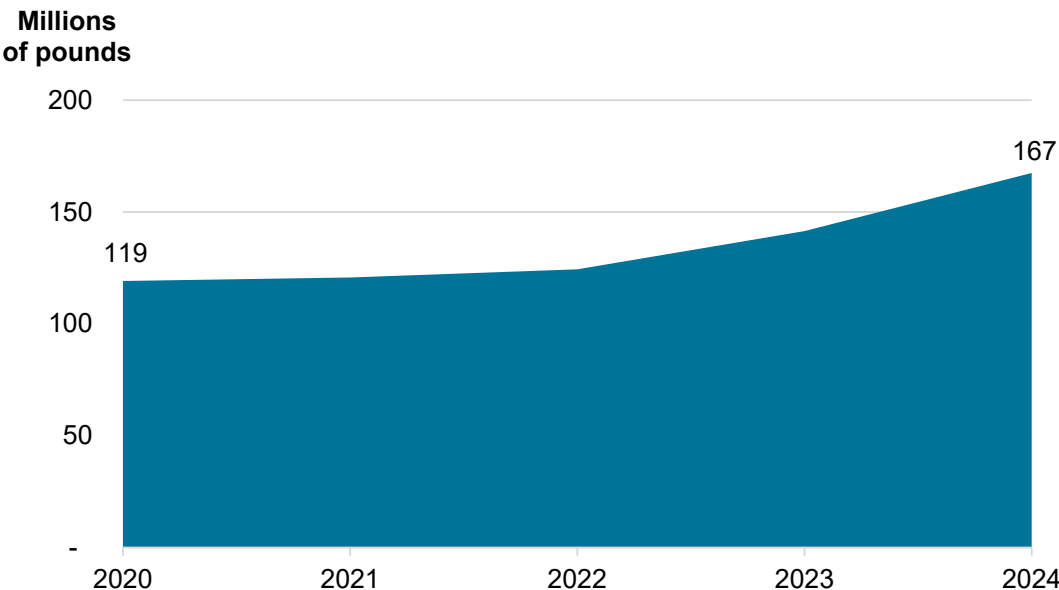
Introduction & background

About Second Harvest Heartland

Second Harvest Heartland is a leading hunger-relief organization. In partnership with more than 1,100 food shelves and hunger-relief programs in Minnesota and western Wisconsin, they provided nearly 128 million meals to neighbors between August of 2022 and August of 2023¹. Second Harvest Heartland also helps families enroll in food assistance and provides prepared meals for people who need more than groceries. They are a leader, convener, and voice in hunger-related policy discussions.

Since 2022, the number of pounds of food that Second Harvest Heartland distributed has increased dramatically, signaling a rising need for emergency food in Minnesota. In response to this increase and in acknowledgement that Minnesota’s Hunger Relief Network cannot meet this growing need indefinitely, Second Harvest Heartland announced a new goal to Make Hunger History and decrease the need for emergency food. As a food bank, Second Harvest Heartland will always distribute food to the community, but the additional emphasis on preventing long-term food insecurity demonstrates the organization’s commitment to long-term, statewide change.

1. Pounds of food distributed by Second Harvest Heartland over the past 5 years



¹ Second Harvest Heartland’s fiscal year runs from September 1 through August 31.

Make Hunger History

In 2024, Second Harvest Heartland kicked off the Make Hunger History initiative which aims to cut hunger in half for all Minnesotans by 2030. With the help of food banks, food shelves, policymakers, business leaders, neighbors and nonprofit organizations, Second Harvest Heartland works to reduce hunger by increasing access to emergency food while preventing future hunger with policy, partnerships, and one-on-one services. They plan to track progress to ensure that work toward this goal is effective and accountable.

The concept of food security has evolved over approximately 40 years from a narrow focus on national and global food availability, to one that incorporates multiple concerns. The most widely accepted definition of food security derives from the 1996 World Food Summit Plan of Action, which describes food security as a “state in which all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life” (FAO, 1996, as cited in Coates, 2013, p.188).

Purpose and scope of study

Second Harvest Heartland contracted with Wilder Research to conduct a randomized statewide study to learn more about the prevalence of hunger across the state. In addition to gathering this information, Second Harvest Heartland and Wilder Research collaborated on the development of a metric² to better assess food security on a spectrum. Key learning objectives for the survey included:

- Experiencing hunger; frequency
- Accessing support; type and frequency
- Perspectives of household stability and community resources
- Challenges getting and preparing food
- Demographics

By gathering this information from households across the state in the first year of Second Harvest Heartland’s Make Hunger History goal, the organization will have a benchmark with which to measure progress.



² See the *Piloting a new metric* section in this report for more detail.

Methodology

Survey instrument and study invitation materials

Second Harvest Heartland and Wilder staff collaborated to develop the survey instrument and study recruitment messaging, including the introductory letter, survey packet, and reminder postcard. Wilder created the content and formatted the layout and design of these materials with final review by Second Harvest Heartland. The survey cover letter included a description of the study, eligibility criteria, and a phone number to call if the respondent had any questions. The reminder post card thanked respondents who had already completed the survey and invited those who had not yet completed it to do so. The postcard was sent only to participants in the sample who had not yet completed a survey.

Sampling and weighting

Wilder Research purchased 20,000 randomly sampled residential addresses from national sampling vendor Marketing Systems Group. In order to better ensure representation of the geographic distribution of Minnesota households, addresses were split proportionally to the populations of the Twin Cities 7-county metro area and greater Minnesota (U.S. Census Bureau, 2022). In the total sample, 56% of addresses (11,200 addresses) were randomly selected from the 7-county metro and 44% (8,800 addresses) were randomly selected from greater Minnesota. In total we received 3,018 completed surveys, of which 52% (1,578) were from households in greater Minnesota and 48% (1,440) from the Twin Cities 7-county metro.

2. Aggregate sample and complete totals

Sample detail	Total
Sample released	20,000
Undeliverable	621
Total eligible	19,379
Refusals	27
Total completes	3,018
Mail completes	2,384
Web completes	628
Phone completes	6
Response rate	15.57%

Wilder Research then weighted the data set to produce reliable estimates of population parameters for both of the sampling areas and statewide. Weighting compensates for practical limitations of a survey sample, such as differential nonresponse among different demographic groups. For example, it is very common for households with higher household incomes to respond at a higher rate than households with lower household incomes. By using demographic information about the target population, weighting reduces the bias of survey estimates by bringing selected survey demographic variables in line with population parameters.

While geographic area was known for all respondents, household income was missing on some surveys. Wilder used a hot-deck imputation procedure to impute these missing values. The hot deck procedure matches cases missing household income with cases identical to it on a set of selected variables correlated with household income and then randomly selects a household income value from among the matched set of cases.

For this study, data were weighted at the household level by household income within geography (Twin Cities 7-county metro; greater Minnesota) in order to create a dataset representative of the Minnesota population’s income distribution. Data were weighted to household income targets calculated within geographic area using data obtained from the Integrated Public Use Microdata Series (IPUMS) 2022 ACS microdata population parameters (Ruggles et al., 2024).

Once weights were computed, they were checked to detect extreme outliers to prevent any one respondent from counting too strongly in the analysis and to prevent any computational or procedural errors. This is a standard practice used to improve the efficiency of the weighting process and add stability to survey estimates. This important gain in precision is achieved at the expense of introducing some minor diversions between weighted survey data totals and their corresponding population benchmarks. However, no adjustments were required in this dataset.

The margin of error, which is based on the sample size, indicates how much potential error there is in these estimates for the entire population. The final sample sizes and margins of error shown below are based on an item answered by all respondents. It is important to keep in mind that margins of error increase as sample size decreases.

3. Population-based sample and survey respondents by geographic area

	Number of addresses sampled	Number of completed surveys	Margin of error (adjusted for weighting)
Greater Minnesota	8,800	1,578	2.5
Twin Cities 7-County Metro	11,200	1,440	2.7
Statewide (Total)	20,000	3,018	1.8

Data collection

Wilder Research used a “modified Dillman” method of survey mailing as follows: survey packets with a paper survey were mailed out between July 16 and July 19, 2024 to 20,000 sampled households. One week after the first survey packets were mailed (July 25, 2024), a postcard was sent to all sampled households, reminding those who had not yet completed a survey to do so, and thanking those who had already responded.

In both mailings, respondents were given information to log in to a web-based system (Qualtrics) or scan a QR code to complete the survey online. We also provided a toll-free survey center phone number in the mailing materials so participants could call in for help completing the survey if needed. The survey packet included a \$2 bill as an incentive, thanking respondents in advance for completing and returning the survey.

The remaining completed surveys were received over the next four weeks. Data collection ended on August 27, 2024. Completed paper surveys were returned to Wilder where they were tracked, coded, and prepared for data entry.

What about people who are unhoused?

People who are unhoused or who experience housing instability are often under counted, and we know that they are likely not represented in the data collected for this study. Therefore, the data shared in this report should be considered conservative; in other words, the number of people who experience hunger or lack of access to food aid is likely higher than our data indicate. There are several possible reasons for this, including not having a mailing address, stigma associated with homelessness and poverty, and fear of repercussions (having to disclose undocumented status, having children taken away from them, etc.).

66%

Free hot
meals

57%

SNAP

44%

Food from a
food shelf

8%

WIC

Services or supports received in the past month, according to the most recent Minnesota Homeless Study, conducted by Wilder Research (October 2023)

The Minnesota Homeless Study also reported that of people receiving some type of services or support (which included resources beyond those related to food), these respondents most often listed SNAP and free hot meals as the most helpful (40% and 36%, respectively).

Analysis

Wilder Research checked all completed surveys as they were returned. Wilder Research also coded and analyzed the open-ended survey responses. Once the codebook was tested, our internal quality control process was employed to ensure inter-rater reliability across the individuals coding completed surveys. Raw open-ended comments from respondents are not included to protect respondent confidentiality.

Completed surveys were then entered into our internal data entry system and checked for any errors such as faulty skip logic or keying errors. After the paper surveys were entered into an electronic file, the resulting data were checked for such issues as logical consistency among responses, outliers, and multiple surveys completed by the same household.

After the data were cleaned, coded, and weighted, Wilder Research produced the data tables that are included in the data book (see Appendix). There is a table for every question in the survey, with results broken out by subgroups of interest. In the data tables, if a subgroup has an unweighted number of respondents less than 50, the results for that subgroup are suppressed to ensure results shown are statistically reliable and consistent.

Wilder Research also worked with Second Harvest Heartland to complete additional cross-tabs and other analyses as requested to ensure that all of the key research questions were answered.

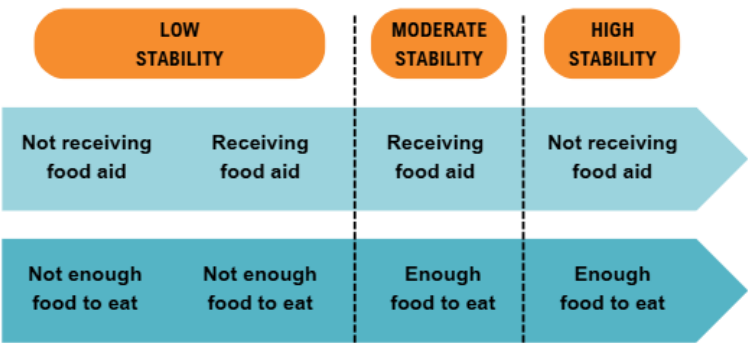
Piloting a new metric

Much of our data regarding food insecurity prevalence in the United States is derived from the U.S. Department of Agriculture’s (USDA) food security assessment tool (2012). Through a series of questions, this assessment asks households to indicate their ability to get enough food to eat, making it a reliable measure for gathering a high-level understanding of food security. However, the USDA assessment excludes potentially important contextual information, such as access to and use of resources, when defining a household’s level of food security.

Many agencies are confronted with the practical problem of assessing needs, targeting food security–enhancement interventions, and measuring their impact without a clear sense of how to differentiate food-secure from food-insecure households, and those facing immediate hunger from those who are not. This has recently led to a growing demand for measures that more accurately reflect the experiences of households faced with difficulties in accessing food
(Webb et al., 2006, p.14055).

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.

Utilizing three questions from the survey, Wilder and Second Harvest Heartland developed four categories to represent levels of stability along a hunger continuum.



Currently, the USDA measurement categorizes data based primarily on food intake (i.e., whether or not members of the household had enough food to eat), along with responses based on food consumption related to preference and quality. Applying this new metric therefore expands our understanding of how many households may be experiencing food insecurity, and integrates reported use of various types of food aid in order to meet their needs.

Respondents

Weighting adjustments were minimal, as survey respondents' household incomes were already closely aligned with Minnesota's household income distribution, as noted in figure 4.

4. Respondent demographics; unweighted

	Unweighted		Weighted
	N	%	%
Racial/ethnic identity			
White (entire household)	2,395	86%	85%
BIPOC (anyone in household)	403	14%	15%
Black or African American	148	5%	6%
Asian or Asian American	114	4%	4%
American Indian or Alaska Native	57	2%	2%
Hispanic or Latino/a	98	4%	4%
Household primary language			
English or English plus another language	2,851	97%	97%
Another language only	81	3%	3%
Household income			
\$14,999 or less	167	7%	8%
\$15,000 to \$24,999	204	8%	6%
\$25,000 to \$34,999	223	9%	7%
\$35,000 to \$44,999	165	7%	7%
\$45,000 to \$64,999	398	17%	14%
\$65,000 or more	1,254	52%	57%
Poverty status			
Below 200% of Federal Poverty Line	539	22%	20%
Above 200% of Federal Poverty Line	1,641	68%	72%
Household composition			
Households including any children age 0-17	598	20%	22%
Children under age 4 or younger	194	6%	7%
Children age 5-17	484	16%	17%
Households including any adult(s) age 65+	1,582	53%	50%
Households including only adult(s) age 18-64	871	29%	30%

Regional boundaries

Figure 5 demarcates the regions used for analysis of survey data. These regions are aligned with county boundaries, and are the same ones utilized by Minnesota Compass³.

5. Regions of Minnesota used for data analysis

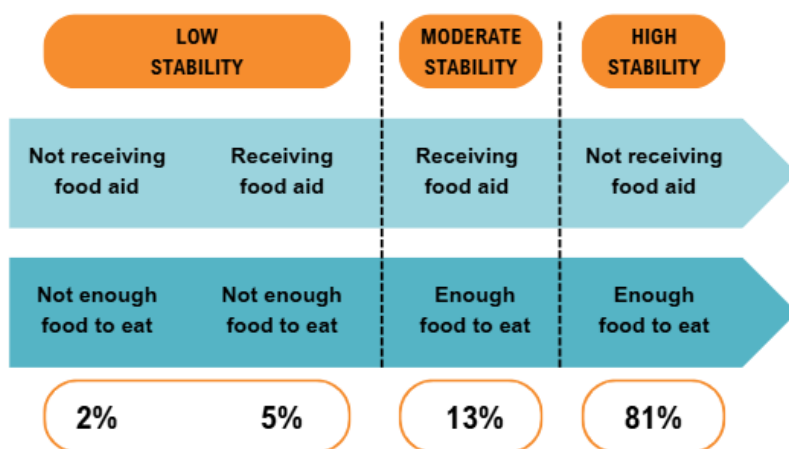


³ View region details at Minnesota Compass: <https://www.mncompass.org/profiles/region>

Survey findings

The following overview of data is accompanied by the full data book, which can be found in the appendix of this report. Data from each question on the survey has been outlined in this section according to theme (security, resources, and challenges), and notable points or differences have been identified. Details about the metric along with which Minnesotans fall within each metric category are included.

Hunger continuum insights



Statewide, more than three-quarters of respondents were identified as having a high level of stability (81%). Importantly, though, 13% of Minnesotans rely on one or more types of food aid (such as a food shelf or receiving SNAP benefits) in order to have enough food for their household. Because availability of and access to food aid is not consistent and is likely impacted by changes in state or federal policy, households in this category still experience a degree of food insecurity. Based on the survey data, we cannot know for certain whether or not households with moderate stability would still be able to meet their basic needs without food aid, though the broader context and overall landscape of food access would suggest that decreasing or removing said food aid would likely result in a lower level of stability.

Geography

Among the regions of Minnesota utilized for analysis purposes (see figure 5), respondents from the Northwest region were more likely than other regions to indicate low stability, with 9% of respondents falling into the category with not enough food to eat, despite receiving food aid. Data from the Southwest region revealed the lowest proportion of households considered to have a high level of stability (74%). In the Twin Cities metro area, Ramsey County respondents were more likely to fall into low (8% combined) or moderate (14%) stability than the other metro counties. However, when comparing the Twin Cities metro area with Greater Minnesota, no notable differences arise. However, when examining the data for any level of food insecurity (all categories aside from those having enough food to eat without receiving any food aid), respondents from the Southwest had the highest proportion (26%) of those with any type of food insecurity, while suburban metro counties had the lowest proportion (15%).

6. Regional representation of the hunger continuum

Region	Low stability	Moderate stability	High stability	Proportion of low-moderate households that have enough to eat
Statewide (Total)	7%	13%	81%	67%
Suburban metro counties	3%	12%	85%	79%
Southern	5%	11%	84%	69%
Hennepin County	7%	11%	83%	62%
West Central	6%	13%	81%	66%
Northwest	10%	10%	80%	52%
Central	6%	15%	78%	71%
Ramsey County	8%	14%	78%	63%
Northland	8%	15%	77%	64%
Southwest	8%	18%	74%	70%

Race & ethnicity

Significant disparities in stability exist across racial and ethnic identities. Households with at least one BIPOC member were far more likely to indicate low levels of stability. Among these respondents, 17% of households fall into one of the two low stability categories as compared to 5% among households who identify only as White. Households identifying as Black or American Indian experience hunger at higher rates than those that identify as Asian or Hispanic. Perhaps most striking are the data for households' primary language; of those who said that they speak a language other than English at home, less than half indicated a high level of stability.

Income

Unsurprisingly, households reporting low incomes were far more likely to experience low levels of stability. Likewise, households below 200% of the Federal Poverty Line were also more likely to have low levels of stability; 27% of these households have low levels of stability as compared to 1.4% of those above 200% of poverty.

Household composition

Respondents that identified having children (under age 18) in their household showed lower rates of high stability than households with only adults—74% compared with 82%, respectively. Between the more specific age groups, little variation is observed; households with young children (age 4 or younger) indicated similar stability levels as those with children between age of 5 and 17. Households with adults over age 65 also indicated similar levels as those with adults between age 18 and 64.

7. Hunger continuum data crosstabulations

	Not enough food to eat, no food aid used %	Not enough food to eat, food aid received %	Enough food to eat and food aid received %	Enough food to eat, no food aid used %
Statewide	2%	5%	13%	81%
By region:				
Northwest	1%	9%	10%	80%
Northland	3%	5%	15%	77%
West Central	1%	6%	13%	81%
Central	2%	4%	15%	78%
Southwest	3%	5%	18%	74%
Southern	1%	4%	11%	84%
Suburban metro counties	1%	2%	12%	85%
Hennepin County	1%	5%	11%	83%
Ramsey County	3%	5%	14%	78%
By racial/ethnic identities in household:				
White alone (entire household)	1%	3%	11%	84%
BIPOC (anyone in household)*	3%	14%	24%	60%
Black or African American	4%	23%	25%	48%
Asian or Asian American	1%	7%	15%	77%
American Indian or Alaska Native	2%	19%	31%	48%
Hispanic or Latino/a	5%	11%	28%	57%
By household primary language:				
English or English plus another language	2%	4%	12%	82%
Another language only	4%	18%	30%	48%
By household income:				
\$14,999 or less	4%	32%	43%	21%
\$15,000 to \$24,999	4%	15%	39%	41%
\$25,000 to \$34,999	4%	8%	23%	65%
\$35,000 to \$44,999	3%	7%	22%	68%
\$45,000 to \$64,999	3%	3%	15%	79%
\$65,000 or more	0.4%	0.4%	5%	94%

7. Hunger continuum data crosstabulations (continued)

	Not enough food to eat, no food aid used %	Not enough food to eat, food aid received %	Enough food to eat and food aid received %	Enough food to eat, no food aid used %
By poverty status:				
Below 200% of Federal Poverty Line	5%	22%	39%	34%
Above 200% of Federal Poverty Line	1%	1%	6%	92%
By household composition:				
Children under age 4 or younger	1%	4%	20%	75%
Children age 5-17	2%	7%	19%	72%
Households including any adult(s) age 65+	1%	4%	12%	82%
Households including only adult(s) age 18-64	2%	5%	12%	82%

The state of food security in Minnesota



*While a majority of households (94%) said they had enough food to eat in the past year, **nearly one in five** (19%) were classified as having some level of food insecurity based on the definition used to determine the metric categories outlined above.*

For those who said they did not have enough to eat consistently over the past year, these households experienced hunger an average of 6 out of the last 12 months. As a result, they reported eating smaller meals than needed (67% of households that experienced hunger), or eating fewer meals in a day (66% of households that experienced hunger).

*The discrepancy observed between the proportion of households who had enough food and those classified as having some level of food insecurity reveals that many Minnesotans **rely on various types of support** (e.g., SNAP, food shelves, or other programs) in order to ensure their household has enough food.*

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). Of households that accessed free food aid to meet their needs, a majority did so at least once per month (70%); fewer than one-third of such households accessed free food less than once per month. While some households said they visited these places more than once per month, many food shelves allow only one visit per month per household, or are only open once or twice per month.

Feelings of security

Statewide, the majority of households (84%) said that it was not hard for their household to get enough food to eat. However, significant disparities exist among racial and ethnic identities. For households with at least one member who identified as Black or as American Indian, and for those primarily speaking a language other than English, more than one-third reported that it was somewhat or very **hard to get enough food to eat**⁴. Households from the Northwest region also had a higher proportion of those indicating difficulty getting enough food for their household.



These same groups of households also reported higher rates of **worrying about having enough food to eat** on a recurring basis. Of households who identified as Black, 13% said that they worried almost every month about having enough food to eat for everyone in their household. The group with the highest proportion of households worrying about food almost every month were those reporting an annual income under \$15,000.

When asked about their perspective of future need, a little over two-thirds of households indicated that they were very confident about their household **having enough food to eat one year from now**. Regionally, households in the Northwest were most likely to identify with a lower level of confidence about their household food security; 8% said that they were not confident that their household would have enough food to eat, and an additional 17% were not sure about their food security one year from now. Households including members identifying as Black or American Indian or who primarily speak a language other than English were also less likely to report a high level of confidence about having enough to eat next year; these households had between 38 and 26 percentage points' difference as compared with the overall percentage (70%). Households with adults over age 65 expressed more uncertainty than other groups; while just 4% said they were not confident about having enough to eat, 11% were not sure about their food security in the near future.

Accessing resources

Among the financial support programs listed as options in the survey, households were most likely to have used SNAP to meet their household's food needs. Households with an income under \$15,000 indicated significantly more usage than higher-income households; more than half of households (59%) in this income category used SNAP. Households with at least one member who identified as Black (30%) or American Indian (30%) were also more likely to utilize SNAP to meet their food needs, along with those who primarily speak a language other than English (28%).

KEY DEMOGRAPHICS

Respondents from the following demographic groups were most likely to indicate experiences consistent with food insecurity:

- Northwest region
- Black or African American
- American Indian
- Primarily speak language other than English
- Household income under \$15,000

⁴ 43% of households identifying as Black and 41% identifying as American Indian; 40% of households that speak a language other than English.

Food from food banks, pantries, or shelves was the most commonly selected **type of free food** utilized by households to meet their household's food needs. About one in ten households overall said that they used this type of support. Higher rates of use of food banks, pantries, or shelves was also reported among households with members who identify as Black (31%) or American Indian (35%), along with households that primarily speak a language other than English (31%). Some households utilized other types of free food, though at much lower rates; 3% of all households accessed free meals, such as Meals on Wheels or meals served in a shelter. Even households with adults age 65 or older indicated accessing free monthly senior food boxes (i.e., CSFP or NAPS) at lower rates (2%) than other types of free food.

Overall, the majority of households (81%) said that they were **aware of the resources in their community** that could help people get food when they couldn't afford it. However, households from Ramsey (24%) and Hennepin (22%) counties were most likely to indicate a lack of awareness of such resources. Households from other regions of the state expressed a lack of awareness about food resources ranging from 10-18%. Households with members who identify as Asian had the lowest proportion of those who said they knew about resources (66%). Households with adults age 65 or older indicated a relatively high level of awareness (85%), especially as compared to those with children under age 5 (74%).

Interestingly, households reported overall lower levels of agreement about **knowing how to access free food** if needed (i.e., where to go or who to contact) as compared to general awareness of resources. Households from greater Minnesota (80%) were much more likely to indicate having this knowledge compared to those from the Twin Cities Metro (72%); those from the Northwest region had the highest proportion (86%). Households that identified as American Indian or Hispanic also had higher rates of agreement about knowing how to access free food (84% and 80%, respectively). In alignment with awareness of resources, households with children under age 5 had a lower proportion (66%) who felt knowledgeable about how to access free food; this proportion was much higher among households with adults age 65 and older, (80%).

A little over three-quarters of households (77%) expressed agreement about their **community having enough resources** to help households get enough food. Among the geographic regions, households in the Southwest had the highest proportion of those who felt this way (83%). Substantial disparities exist among racial and ethnic identities regarding the sufficiency of resources; households who identified as White (79%) were more likely to indicate having enough resources as compared to households who identified as Black (55%). Households below 200% of the poverty line were also less likely to agree that their community had sufficient resources for getting enough food to eat (68%).

GEOGRAPHIC DIFFERENCES

Respondents from the Twin Cities Metro indicated less awareness of resources and less confidence in their knowledge of how to get food if their household needed it as compared to those in greater Minnesota.

Challenges and barriers

Overall, about three-quarters of households (76%) said that they would not anticipate any **challenge accessing food resources** if needed. The types of challenges offered as response options were:

- Not having reliable transportation
- Physical mobility issues
- Not having access to a phone or computer
- Needing child care
- Taking time away from work
- Something else



Like other data points reported on from this survey, similar groups that experience food insecurity also had a higher proportion of households indicating one or more challenges related to accessing resources. Notably, households who identify as Black or American Indian were significantly more likely to cite a lack of reliable transportation (23% and 26%, respectively) or physical mobility issues (12% and 16%, respectively). They were also more likely to indicate at least one barrier to accessing resources (47% and 46%, respectively, as compared with 21% of households who identified as White).

Among those who said it would be difficult taking time away from work, households from the Twin Cities Metro represented a higher proportion (13% each for Ramsey and Hennepin counties) than those from other regions. Households that primarily speak a language other than English also indicated more prevalence of barriers, namely a lack of reliable transportation (21%, compared with 8% of English-speaking households) and inability to take time away from work (21%, compared with 11% of English-speaking households).

Lack of transportation as a barrier shows a strong downward trend as household income increases; nearly half (47%) of households with an income under \$15,000 cited this challenge, compared with less than 10% of those with an income of at least \$35,000.

8. Barriers identified by respondent group

Barrier	Respondent group with highest proportion of responses	% Respondents	Range among other respondent groups
Not having reliable transportation	Household income under \$15,000	47%	3% – 26%
Physical mobility issues	Household income under \$15,000	30%	2% – 18%
Not having access to a phone or computer	Household income under \$15,000	5%	1% – 4%
Needing child care	Households with children under age 5	31%	0% – 8%
Taking time away from work	Households with children under age 5	33%	3% – 23%

Respondents who wrote in a response for “something else” most often mentioned that they lacked sufficient information about resources or that they didn’t qualify for assistance programs. These responses comprised about 0.5% of the total completed surveys.

When asked about **challenges that may prevent their household from making meals**, the majority of households said they did not experience any challenges (88%). Compared with accessing resources, responses to this question varied little by demographics. However, two key disparities are notable; households below 200% of the federal poverty line were much more likely to indicate barriers related to physical or emotional ability to prepare meals (14% and 16%, respectively). Similarly, as income increases, the proportion of households reporting a barrier of any kind decreases; 91% of those with an income over \$65,000 said they did not experience any challenges in making meals compared to 66% of those with an income less than \$15,000.

Key takeaways



Patterns of disparity

Some demographic groups showed consistently lower rates of overall stability based on their responses:

- Households in which the primary language spoken is not English
- Households identifying as BIPOC⁵, but especially those identifying as Black or American Indian
- Households living below 200% of the federal poverty line
- Households in the Northwest region of Minnesota
- To a lesser extent than the groups listed above, households with children

These households were more likely to report experiencing hunger, concern for getting enough food, and challenges accessing resources. This aligns with our overall understanding of which Minnesotans often struggle with other essential needs (e.g., housing, transportation).



SNAP usage

Of the financial aid programs listed in the survey, households were most likely to identify SNAP as a resource used by their household; 7% of households overall said that they used SNAP. Among those who said they received some type of food aid, 42% reported using SNAP. As outlined in the disparity section, these same demographics were most likely to report accessing SNAP to meet their household’s food needs. Utilizing our food security metric as a frame of reference for SNAP usage also reveals that households who received food aid but did not have enough food to eat were *more likely* to have received SNAP benefits than those who said they had enough food to eat.



Prevalence of hunger

One in six households said that it was somewhat or very hard to get enough food to eat for all the people in their household, and, based on our food security metric, an estimated 19% of households fall into a category that may be considered food insecure. In other words, 81% of households have enough to eat without utilizing any type of support or financial aid.

⁵ BIPOC is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity.

Recommendations & considerations



An important finding of this study and of the implementation of a new metric is the extent to which Minnesotans rely on food aid to ensure their household has enough to eat. Among respondents, approximately one in eight residents fall into this category. This data point merits serious consideration given the potential for changes in the state and national political landscape and the degree to which these funding sources impact programming and resources for low-income households.

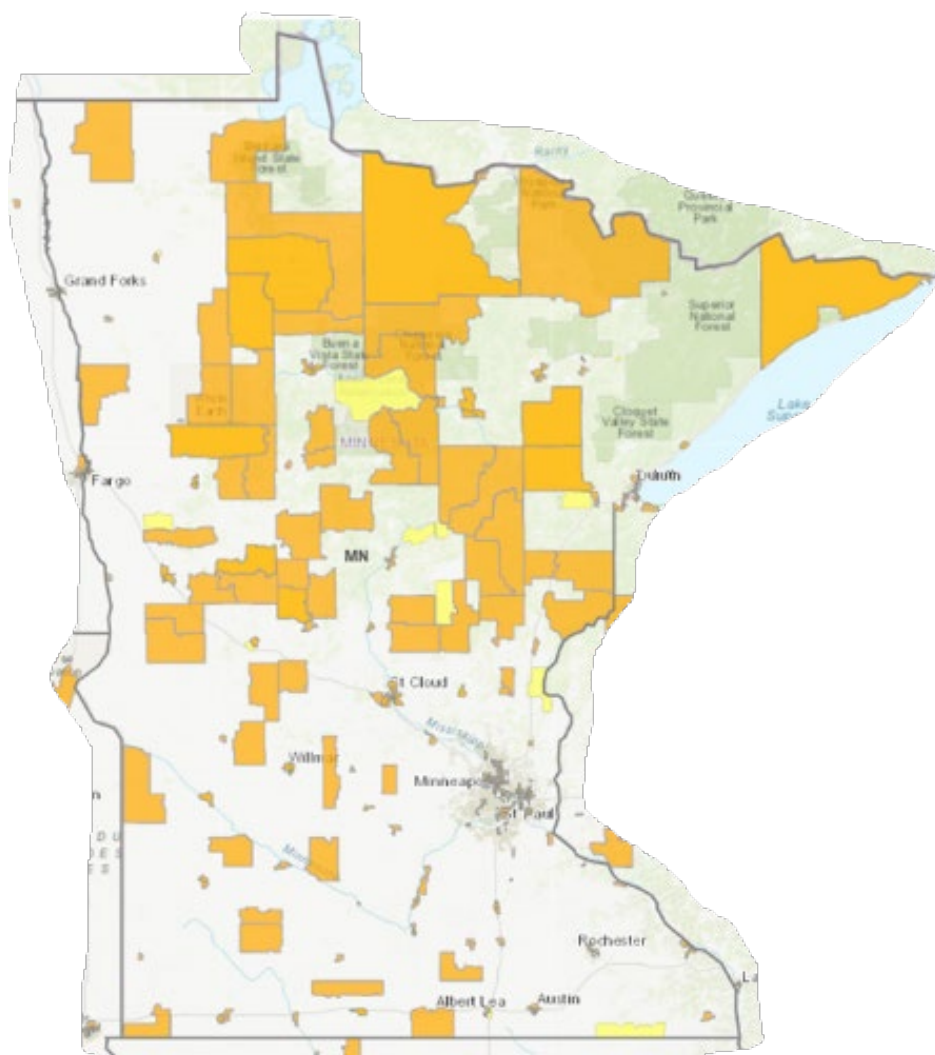
Reliance on food aid requires a very robust Hunger Relief Network: food banks, food shelves, and other food assistance organizations in Minnesota that work together to provide emergency food and support Minnesotans in accessing financial benefits. The relatively large share of households who were identified as being reliant on food aid is not surprising, given that Minnesota's Hunger Relief Network has seen unprecedented need in the past few years. Going forward, supporting households in achieving overall stability will be an important additional emphasis for the Hunger Relief Network.

Considering food access

While outside the scope of this study, proximity to food retail (i.e., grocery stores, farmers markets, or convenience stores that offer fresh food) also impacts how people access food. For households located relatively far from a grocery store, or for those without reliable transportation, their ability to get fresh or preferred foods on a regular basis is limited. Therefore, a discrepancy likely exists between having *enough food* so as not to be hungry, and having regular, easy access to fresh or preferred foods. In Minnesota, about 12% of the population lives in what the USDA calls a LILA tract—a census tract with a poverty rate of at least 20% and where at least 33% of the tract's population live more than 1 mile from the nearest food store (or 10 miles in rural areas).

This proportion is about the same as the national average of 12.8% as of 2015. Three of Minnesota's four bordering states have lower shares of LILA tracts⁶. The tracts highlighted in figure 9 are somewhat aligned with the regions identified in this study as having a greater share of households who lack food security. Most notably, the Southern region, which had the lowest rates of household food insecurity, also appears to have very few LILA tracts. In rural areas of the state, there are four census tracts in which residents live more than 20 miles from a food store; these tracts are all located in the northern half of the state, and are all within the Northland region, which has a food security rate lower than the statewide rate (77%).

9. LILA Census tracts



Census tracts in which urban residents live more than 1/2 mile and rural residents live more than 10 miles from a food store (orange) and where a significant share does not have a vehicle (yellow)

⁶ Border state LILA shares per the USDA: Wisconsin, 10%; Iowa, 11.5%; South Dakota, 14.4%; North Dakota, 8.4%

Policy & partnership

Second Harvest Heartland’s longstanding history and positive reputation in Minnesota are important assets in the drive for advocacy and collaboration toward its *Make Hunger History* goal. The current political landscape at both the state and federal levels may pose challenges to effecting change through policy, and, given the split legislature in Minnesota, attempts to pass bills will likely result in impasse. However, it will be important to monitor potential changes in food aid, including service delays due to government shutdown⁷ or budget cuts. Navigating change at a county or municipal level may be a more feasible approach or starting place, particularly given what the data show about disparities by region. For example, supporting the implementation or expansion of urban farms or community gardens could be an impactful strategy that is easily piloted in a specific geography.

Aside from direct advocacy work, deepening partnerships and building out its network could allow Second Harvest Heartland to more effectively achieve specific goals. Depending on the area of work, such partnerships and collaborations may result in stronger outcomes. Strategic approaches might include:

- Partnering with culturally specific organizations or community leaders to communicate about available resources; particularly given the clear disparity among residents who primarily speak a language other than English
- Increasing the proportion of food that comes from local farmers, particularly those who identify as BIPOC; this has a positive ripple effect and can also result in greater stability for small-scale farmers
- Collaborating with organizations and agencies with expertise and connections in rural Minnesota; the data indicate that residents in rural areas of the state may face more difficulty accessing resources

Integrating a food justice lens

Many organizations working in the field of food access have been moving toward program models that center food justice. While the term “food justice” has evolved over the years (and will likely continue to do so), aspects of equity, local food movements, and community engagement are typically present (Murray et al., 2023).

How is food justice defined?

“A social movement with multiple layers...ensuring that the benefits and risks of where, what, and how food is grown and produced, transported, and distributed, and accessed and eaten are shared fairly...Three Arenas of food justice [include] (1) seeking to challenge and restructure the dominant food system, (2) providing a core focus on equity and disparities and the struggles by those who are most vulnerable, (3) establishing linkages and common goals with other forms of social justice activism and advocacy (Gottlieb & Joshi, 2010).”

“...an analysis that recognizes the food system itself as a racial project and problematizes the influence of race and class on production, distribution, and consumption of food. Communities of colour and poor communities have time and time again been denied access to the means of food production, and, due to both price and store location, often cannot access the diet advocated by the food movement. Through food justice activism, low-income communities and communities of colour seek to create local food systems that meet their own food needs (Alkon & Agyeman, 2011).”

⁷ The services or supports most likely to be impacted quickly would be Meals on Wheels, followed by EBT. More protection exists for SNAP.

In Minnesota, a number of initiatives have been developed by public entities and institutions (e.g., the City of Minneapolis' Food Council) as well as nonprofit organizations (e.g., Metro Food Justice Network), along with funding mechanisms designed to support such initiatives (e.g., Center for Racial & Health Equity's Food Justice Initiative). These efforts focus on several factors, but often emphasize the following:

- Racial equity and community empowerment

What this may look like: Engaging communities in shaping the food system they want and need (beyond executive leadership of nonprofits); ensuring that BIPOC communities are involved in food justice efforts and that language and sociocultural context are prioritized in communication as well as implementation.

Food sovereignty is closely linked with food justice, and further underscores a need for land rights, particularly for Indigenous communities.

- Strengthening local food systems

What this may look like: Supporting small-scale farmers and urban/community gardening; increasing access to locally grown and produced food and improving local food distribution channels.

As a complement to strong federal nutrition safety net and emergency food assistance programs, local food production may alleviate some short-term food insecurity and hunger. In the long term, strong community food production resources can boost the effectiveness of federal food assistance and education programs through such measures as increased availability of high-quality, affordable food, strengthening economic and social ties between farmers and urban residents, and channeling a larger share of resident food spending back to the local economy
(Cohen et al., as cited in Chen et al., 2015, p. 23).

A broad range of strategies have been implemented at local and regional levels that align with the tenets of food justice, and future initiatives should prioritize the local context when determining program development and service provision. These considerations should include (but are not limited to) primary language, racial and ethnic identity, socioeconomic status, local historical context, and environmental landscape.

Community initiatives: Possible approaches



Implement food policy councils and encourage the formation of coalitions



Expand use of mobile markets and mobile food distribution



Develop partnerships with corner stores and nontraditional groceries to supply fresh food



Support local small farm operations, including providing additional support for BIPOC and new farmers



Engage community members in the development of plans or programs aimed at increasing food security



Increase access and expand acreage dedicated to community gardening, including advocating for policies that allow zoning for such land use

Further research

This study illuminated important nuances related to our understanding of food security and provided a new approach to measuring it. However, additional research would help us learn more about the needs of households within each of the categories on the hunger continuum. By expanding the breadth and depth of our knowledge about these households' experiences with accessing food and food-related aid or resources, those in a position of influence—policymakers, nonprofit leaders, and even service providers—can make informed decisions about implementing meaningful change.

- Semi-structured interviews are a primary approach to gathering in-depth qualitative information. Interviews could be conducted with a sampling of two key groups:
 - Households within the three categories on the hunger continuum that do not have full food security, to learn about their experience with and perspective of getting food and gaining access to resources, as well as to hear what their unmet needs are.
 - Service providers who work with households accessing food aid (e.g., county social workers, food shelf staff), to round out an understanding of how households get connected along with the challenges they encounter with service provision.

- Targeted surveys could explore particular topics more in-depth with specific communities or demographic groups. For example, conducting a survey with households who primarily speak the most common non-English languages in Minnesota (i.e., Spanish, Hmong, and Somali) could provide critical insight into the challenges they experience with getting enough food to eat. Follow-up interviews may also be considered to gather information about experiences that are unique to a given cultural community to ensure that this nuance is not lost when determining how to better implement services or supports.
- Creative data collection methods such as photovoice, community mapping, or journey mapping can further build on insights gathered from interviews or targeted surveys by leaning into storytelling. These approaches are beneficial because they are often designed to empower participants (particularly in the case of photovoice, in which participants use their own words and images to share their perspective) and, for organizations, stories told from community perspectives can be powerful communication tools.

Any additional research studies should prioritize participant preferences and privacy, especially given the subject matter and key demographic groups. Participants should be fairly compensated for their time, and accommodations provided as needed.

Finally, conducting this survey at regular intervals going forward will ensure that the data remain up-to-date and allow Second Harvest Heartland to monitor changes in food security and make potential course corrections to its programming or initiatives.

References

- Alkon, A. H., & Agyeman, J. (Eds.). (2011). *Cultivating food justice: Race, class, and sustainability*. MIT Press.
- Chen, W., Clayton, M. L., & Palmer, A. (2015). *Community food security in the United States: A survey of the scientific literature*. Volume II. Johns Hopkins Center for a Livable Future.
- Coates, J. (2013). Build it back better: Deconstructing food security for improved measurement and action. *Global Food Security*, 2(3), 188-194. <https://doi.org/10.1016/j.gfs.2013.05.002>
- Gottlieb, R., & Joshi, A. (2010). *Food justice*. MIT Press.
- Murray, S., Gale, F., Adams, D., & Dalton, L. (2023). A scoping review of the conceptualisations of food justice. *Public Health Nutrition*, 26(4), 725-737. <https://doi.org/10.1017/S1368980023000101>
- Ruggles, S., Flood, S., Sobek, M., Backman, D., Chen, A., Cooper, G., Richards, S., Rodgers, R., & Schouweiler, M. (2024). IPUMS USA: Version 15.0 [dataset]. <https://doi.org/10.18128/D010.V15.0>
- U.S. Census Bureau. (2022). *2022 ACS 1-year estimates* [dataset].
- USDA Economic Research Service. (2012). *U.S. Household Food Security Survey Module: Three-stage design, with screeners*. https://www.ers.usda.gov/sites/default/files/_laserfiche/DataFiles/50764/26621_hh2012.pdf?v=3672.4
- Webb, P. Coates, J., Frongillo, E. A., Rogers, B. L., Swindale, A., & Bilinsky, P. (2006). Measuring household food insecurity: Why it's so important and yet so difficult to do. *Journal of Nutrition*, 136(5), 1404S-1408S. <http://doi.org/10.1093/jn/136.5.1404S>

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

Metric: Second Harvest Heartland hunger and food aid metric

	Not enough food to eat, no food aid used	Not enough food to eat, food aid received	Enough food to eat and food aid received	Enough food to eat, no food aid used	# of respondents (unweighted)
	%	%	%	%	
By region:					
Statewide	2%	5%	13%	81%	2963
Greater Minnesota	2%	5%	14%	80%	1549
Twin Cities 7-county metro	2%	4%	12%	82%	1414
By county group:					
Northwest	1%	9%	10%	80%	84
Northland	3%	5%	15%	77%	227
West Central	1%	6%	13%	81%	150
Central	2%	4%	15%	78%	451
Southwest	3%	5%	18%	74%	166
Southern	1%	4%	11%	84%	476
Suburban metro counties	1%	2%	12%	85%	368
Hennepin County	1%	5%	11%	83%	642
Ramsey County	3%	5%	14%	78%	399
By racial/ethnic identities in household:					
White alone (entire household)	1%	3%	11%	84%	2352
BIPOC (anyone in household)*	3%	14%	24%	60%	393
Black or African American	4%	23%	25%	48%	143
Asian or Asian American	1%	7%	15%	77%	112
American Indian or Alaska Native	2%	19%	31%	48%	56
Hispanic or Latino/a	5%	11%	28%	57%	97
By household primary language:					
English or English plus another language	2%	4%	12%	82%	2800
Another language only	4%	18%	30%	48%	77
By household income:					
\$14,999 or less	4%	32%	43%	21%	160
\$15,000 to \$24,999	4%	15%	39%	41%	197
\$25,000 to \$34,999	4%	8%	23%	65%	218
\$35,000 to \$44,999	3%	7%	22%	68%	159
\$45,000 to \$64,999	3%	3%	15%	79%	391
\$65,000 or more	0.4%	0.4%	5%	94%	1238
By poverty status:					
Below 200% of Federal Poverty Line	5%	22%	39%	34%	519
Above 200% of Federal Poverty Line	1%	1%	6%	92%	1621
By household composition:					
Households including any children age 0-17	2%	7%	18%	74%	589
Children under age 4 or younger	1%	4%	20%	75%	193
Children age 5-17	2%	7%	19%	72%	476
Households including any adult(s) age 65+	1%	4%	12%	82%	1548
Households including only adult(s) age 18-64	2%	5%	12%	82%	857

*BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

1. During the past 12 months, did all the people in your household have enough food to eat?

	Yes	No	# of respondents (unweighted)
	%	%	
By region:			
Statewide	94%	6%	2973
Greater Minnesota	93%	7%	1554
Twin Cities 7-county metro	94%	6%	1419
By county group:			
Northwest	91%	9%	85
Northland	92%	8%	227
West Central	94%	6%	150
Central	94%	6%	452
Southwest	92%	8%	166
Southern	95%	5%	478
Suburban metro counties	97%	3%	371
Hennepin County	93%	7%	643
Ramsey County	92%	8%	401
By racial/ethnic identities in household:			
White alone (entire household)	95%	5%	2360
BIPOC (anyone in household)*	83%	17%	395
Black or African American	73%	27%	143
Asian or Asian American	92%	8%	113
American Indian or Alaska Native	78%	22%	56
Hispanic or Latino/a	85%	15%	98
By household primary language:			
English or English plus another language	94%	6%	2809
Another language only	78%	22%	78
By household income:			
\$14,999 or less	64%	36%	160
\$15,000 to \$24,999	80%	20%	198
\$25,000 to \$34,999	88%	12%	218
\$35,000 to \$44,999	90%	10%	162
\$45,000 to \$64,999	94%	6%	392
\$65,000 or more	99%	1%	1239
By poverty status:			
Below 200% of Federal Poverty Line	73%	27%	521
Above 200% of Federal Poverty Line	99%	1%	1623
By household composition:			
Households including any children age 0-17	91%	9%	590
Children under age 4 or younger	95%	5%	193
Children age 5-17	90%	10%	477
Households including any adult(s) age 65+	95%	5%	1554
Households including only adult(s) age 18-64	94%	6%	860

*BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

2. If not all people in your household had enough food to eat during the past 12 months, please select which months at least one person in your household did not have enough food to eat:

	July 2023	August 2023	September 2023	October 2023	November 2023	December 2023	# of respondents (unweighted)
	%	%	%	%	%	%	
By region:							
Statewide	37%	38%	40%	43%	57%	59%	162
Greater Minnesota	42%	44%	43%	46%	59%	58%	82
Twin Cities 7-county metro	33%	32%	38%	40%	55%	59%	80
By county group:							
Northwest	--	--	--	--	--	--	7
Northland	--	--	--	--	--	--	14
West Central	--	--	--	--	--	--	8
Central	--	--	--	--	--	--	24
Southwest	--	--	--	--	--	--	10
Southern	--	--	--	--	--	--	19
Suburban metro counties	--	--	--	--	--	--	12
Hennepin County	--	--	--	--	--	--	42
Ramsey County	--	--	--	--	--	--	26
By racial/ethnic identities in household:							
White alone (entire household)	41%	43%	47%	50%	66%	64%	96
BIPOC (anyone in household)*	30%	27%	27%	30%	42%	51%	59
Black or African American	--	--	--	--	--	--	35
Asian or Asian American	--	--	--	--	--	--	9
American Indian or Alaska Native	--	--	--	--	--	--	10
Hispanic or Latino/a	--	--	--	--	--	--	13
By household primary language:							
English or English plus another language	39%	41%	42%	44%	58%	58%	147
Another language only	--	--	--	--	--	--	12
By household income:							
\$14,999 or less	41%	37%	39%	41%	51%	55%	51
\$15,000 to \$24,999	--	--	--	--	--	--	35
\$25,000 to \$34,999	--	--	--	--	--	--	20
\$35,000 to \$44,999	--	--	--	--	--	--	15
\$45,000 to \$64,999	--	--	--	--	--	--	22
\$65,000 or more	--	--	--	--	--	--	8
By poverty status:							
Below 200% of Federal Poverty Line	40%	36%	40%	42%	55%	59%	118
Above 200% of Federal Poverty Line	--	--	--	--	--	--	20
By household composition:							
Households including any children age 0-17	42%	39%	40%	41%	54%	59%	56
Children under age 4 or younger	--	--	--	--	--	--	12
Children age 5-17	40%	36%	38%	39%	54%	59%	50
Households including any adult(s) age 65+	33%	36%	46%	43%	59%	53%	63
Households including only adult(s) age 18-64	--	--	--	--	--	--	49

*'BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

2. If not all people in your household had enough food to eat during the past 12 months, please select which months at least one person in your household did not have enough food to eat:
(cont.)

	January 2024	February 2024	March 2024	April 2024	May 2024	June 2024	# of respondents (unweighted)
	%	%	%	%	%	%	
By region:							
Statewide	65%	62%	60%	55%	62%	67%	162
Greater Minnesota	63%	59%	64%	62%	65%	71%	82
Twin Cities 7-county metro	67%	64%	56%	49%	59%	64%	80
By county group:							
Northwest	--	--	--	--	--	--	7
Northland	--	--	--	--	--	--	14
West Central	--	--	--	--	--	--	8
Central	--	--	--	--	--	--	24
Southwest	--	--	--	--	--	--	10
Southern	--	--	--	--	--	--	19
Suburban metro counties	--	--	--	--	--	--	12
Hennepin County	--	--	--	--	--	--	42
Ramsey County	--	--	--	--	--	--	26
By racial/ethnic identities in household:							
White alone (entire household)	70%	69%	65%	63%	67%	68%	96
BIPOC (anyone in household)*	56%	49%	48%	39%	54%	64%	59
Black or African American	--	--	--	--	--	--	35
Asian or Asian American	--	--	--	--	--	--	9
American Indian or Alaska Native	--	--	--	--	--	--	10
Hispanic or Latino/a	--	--	--	--	--	--	13
By household primary language:							
English or English plus another language	65%	65%	64%	59%	67%	71%	147
Another language only	--	--	--	--	--	--	12
By household income:							
\$14,999 or less	65%	61%	59%	57%	67%	78%	51
\$15,000 to \$24,999	--	--	--	--	--	--	35
\$25,000 to \$34,999	--	--	--	--	--	--	20
\$35,000 to \$44,999	--	--	--	--	--	--	15
\$45,000 to \$64,999	--	--	--	--	--	--	22
\$65,000 or more	--	--	--	--	--	--	8
By poverty status:							
Below 200% of Federal Poverty Line	65%	59%	57%	55%	63%	72%	118
Above 200% of Federal Poverty Line	--	--	--	--	--	--	20
By household composition:							
Households including any children age 0-17	58%	60%	55%	55%	60%	70%	56
Children under age 4 or younger	--	--	--	--	--	--	12
Children age 5-17	57%	58%	49%	49%	55%	67%	50
Households including any adult(s) age 65+	68%	68%	59%	60%	62%	64%	63
Households including only adult(s) age 18-64	--	--	--	--	--	--	49

BIPOC is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

3. If not all people in your household had enough food to eat during the past 12 months, in the past 12 months, has anyone in your household... (Select all that apply)

	Eaten a smaller meal than needed because there was not enough food	Eaten fewer meals in a day because there was not enough food	Gone to bed hungry because there was not enough food	None of these	# of respondents (unweighted)
	%	%	%	%	
By region:					
Statewide	67%	66%	25%	9%	181
Greater Minnesota	66%	79%	28%	8%	93
Twin Cities 7-county metro	68%	54%	22%	9%	88
By county group:					
Northwest	--	--	--	--	8
Northland	--	--	--	--	16
West Central	--	--	--	--	9
Central	--	--	--	--	24
Southwest	--	--	--	--	15
Southern	--	--	--	--	21
Suburban metro counties	--	--	--	--	13
Hennepin County	--	--	--	--	44
Ramsey County	--	--	--	--	31
By racial/ethnic identities in household:					
White alone (entire household)	70%	71%	25%	7%	109
BIPOC (anyone in household)*	62%	56%	20%	13%	63
Black or African American	--	--	--	--	35
Asian or Asian American	--	--	--	--	9
American Indian or Alaska Native	--	--	--	--	11
Hispanic or Latino/a	--	--	--	--	16
By household primary language:					
English or English plus another language	69%	70%	26%	7%	163
Another language only	--	--	--	--	14
By household income:					
\$14,999 or less	65%	71%	36%	7%	55
\$15,000 to \$24,999	--	--	--	--	35
\$25,000 to \$34,999	--	--	--	--	24
\$35,000 to \$44,999	--	--	--	--	16
\$45,000 to \$64,999	--	--	--	--	23
\$65,000 or more	--	--	--	--	11
By poverty status:					
Below 200% of Federal Poverty Line	66%	68%	28%	7%	125
Above 200% of Federal Poverty Line	--	--	--	--	24
By household composition:					
Households including any children age 0-17	72%	58%	25%	9%	57
Children under age 4 or younger	--	--	--	--	12
Children age 5-17	73%	53%	22%	10%	51
Households including any adult(s) age 65+	64%	69%	19%	7%	76
Households including only adult(s) age 18-64	66%	69%	30%	11%	54

*'BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

4. How hard is it for you to get enough food to eat for all the people in your household?

	Very hard	Somewhat hard	Not hard	# of respondents (unweighted)
	%	%	%	
By region:				
Statewide	2%	15%	84%	3009
Greater Minnesota	2%	15%	83%	1570
Twin Cities 7-county metro	2%	14%	84%	1439
By county group:				
Northwest	6%	21%	73%	83
Northland	2%	18%	80%	231
West Central	3%	9%	88%	154
Central	2%	16%	82%	457
Southwest	1%	18%	81%	166
Southern	2%	13%	85%	483
Suburban metro counties	1%	13%	86%	374
Hennepin County	2%	14%	84%	653
Ramsey County	1%	15%	84%	408
By racial/ethnic identities in household:				
White alone (entire household)	1%	12%	87%	2388
BIPOC (anyone in household)*	5%	27%	68%	401
Black or African American	8%	35%	57%	148
Asian or Asian American	5%	19%	77%	112
American Indian or Alaska Native	4%	37%	60%	57
Hispanic or Latino/a	1%	27%	72%	98
By household primary language:				
English or English plus another language	2%	14%	84%	2842
Another language only	6%	34%	60%	81
By household income:				
\$14,999 or less	13%	45%	43%	167
\$15,000 to \$24,999	5%	37%	58%	201
\$25,000 to \$34,999	2%	30%	67%	223
\$35,000 to \$44,999	3%	25%	73%	164
\$45,000 to \$64,999	2%	19%	79%	397
\$65,000 or more	0.2%	6%	93%	1251
By poverty status:				
Below 200% of Federal Poverty Line	8%	43%	49%	536
Above 200% of Federal Poverty Line	0.4%	8%	92%	1637
By household composition:				
Households including any children age 0-17	3%	22%	75%	598
Children under age 4 or younger	2%	19%	78%	194
Children age 5-17	3%	25%	72%	484
Households including any adult(s) age 65+	1%	12%	86%	1573
Households including only adult(s) age 18-64	2%	15%	83%	871

*BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

5. In the past 12 months, how often did you worry that people in your household would not have enough food to eat?

	Almost every month	Some months but not every month	Only 1 or 2 months	Not at all	# of respondents (unweighted)
	%	%	%	%	
By region:					
Statewide	4%	6%	5%	86%	3007
Greater Minnesota	4%	6%	4%	85%	1568
Twin Cities 7-county metro	3%	6%	5%	86%	1439
By county group:					
Northwest	9%	6%	9%	76%	83
Northland	7%	7%	4%	82%	230
West Central	4%	3%	4%	89%	154
Central	3%	7%	4%	86%	455
Southwest	5%	5%	4%	86%	167
Southern	4%	6%	4%	87%	483
Suburban metro counties	2%	5%	4%	89%	374
Hennepin County	4%	5%	4%	87%	652
Ramsey County	2%	9%	6%	82%	409
By racial/ethnic identities in household:					
White alone (entire household)	3%	5%	4%	89%	2388
BIPOC (anyone in household)*	8%	14%	8%	69%	400
Black or African American	13%	19%	8%	60%	148
Asian or Asian American	6%	11%	5%	78%	113
American Indian or Alaska Native	5%	20%	10%	64%	56
Hispanic or Latino/a	4%	14%	14%	69%	98
By household primary language:					
English or English plus another language	4%	6%	4%	87%	2840
Another language only	5%	21%	17%	57%	81
By household income:					
\$14,999 or less	21%	20%	13%	46%	165
\$15,000 to \$24,999	12%	23%	9%	56%	201
\$25,000 to \$34,999	6%	11%	9%	74%	223
\$35,000 to \$44,999	3%	9%	11%	77%	164
\$45,000 to \$64,999	4%	10%	5%	81%	398
\$65,000 or more	1%	2%	2%	95%	1251
By poverty status:					
Below 200% of Federal Poverty Line	15%	22%	13%	51%	534
Above 200% of Federal Poverty Line	1%	2%	3%	94%	1638
By household composition:					
Households including any children age 0-17	5%	11%	6%	78%	597
Children under age 4 or younger	4%	7%	8%	82%	194
Children age 5-17	6%	12%	7%	75%	483
Households including any adult(s) age 65+	3%	5%	4%	88%	1572
Households including only adult(s) age 18-64	4%	6%	5%	85%	870

*'BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

6. In the past 12 months, have you used any of the following to meet your household's food needs? (Select all that at least one person in your household has used at least once)

	SNAP	WIC	MFAP	MFIP	GA	Other financial aid that must be used for food	No one in my household has received any food-specific financial aid in the past 12 months	# of respondents (unweighted)
	%	%	%	%	%	%	%	
By region:								
Statewide	7%	1%	1%	0.3%	1%	1%	90%	3003
Greater Minnesota	8%	1%	1%	0.3%	1%	1%	89%	1568
Twin Cities 7-county metro	7%	1%	1%	0.3%	1%	1%	91%	1435
By county group:								
Northwest	11%	1%	4%	0%	0%	1%	88%	84
Northland	8%	0.4%	1%	1%	2%	1%	89%	231
West Central	7%	4%	3%	0%	1%	1%	87%	154
Central	8%	0.4%	0.2%	0.4%	0%	2%	90%	454
Southwest	9%	3%	0.5%	0.5%	2%	1%	87%	166
Southern	7%	1%	1%	0%	1%	1%	91%	483
Suburban metro counties	6%	1%	0.4%	0%	1%	1%	93%	372
Hennepin County	8%	1%	0.5%	0.3%	2%	1%	90%	652
Ramsey County	9%	1%	1%	1%	1%	1%	90%	407
By racial/ethnic identities in household:								
White alone (entire household)	5%	1%	1%	0.0%	1%	1%	93%	2383
BIPOC (anyone in household)*	19%	3%	1%	2%	4%	2%	75%	400
Black or African American	30%	3%	2%	2%	4%	3%	64%	147
Asian or Asian American	10%	4%	1%	1%	2%	3%	83%	112
American Indian or Alaska Native	30%	0%	2%	3%	9%	2%	69%	57
Hispanic or Latino/a	13%	4%	2%	3%	5%	3%	79%	98
By household primary language:								
English or English plus another language	7%	1%	1%	0.2%	1%	1%	91%	2836
Another language only	28%	5%	1%	2%	4%	5%	63%	81
By household income:								
\$14,999 or less	59%	2%	1%	2%	10%	6%	35%	167
\$15,000 to \$24,999	28%	0.4%	4%	0%	2%	3%	66%	201
\$25,000 to \$34,999	8%	1%	2%	1%	0%	1%	89%	220
\$35,000 to \$44,999	7%	2%	2%	1%	1%	0%	89%	164
\$45,000 to \$64,999	3%	4%	1%	0.2%	0.3%	1%	92%	395
\$65,000 or more	1%	1%	0.1%	0.0%	0.0%	0.2%	98%	1253
By poverty status:								
Below 200% of Federal Poverty Line	38%	4%	3%	1%	5%	4%	55%	534
Above 200% of Federal Poverty Line	1%	1%	0.2%	0.1%	0.1%	0.4%	98%	1637
By household composition:								
Households including any children age 0-17	9%	4%	1%	1%	0.5%	1%	86%	596
Children under age 4 or younger	7%	12%	1%	1%	0.3%	0%	84%	193
Children age 5-17	10%	3%	1%	1%	0.5%	1%	86%	482
Households including any adult(s) age 65+	7%	0.5%	1%	0.2%	1%	1%	92%	1571
Households including only adult(s) age 18-64	8%	1%	0.4%	0.1%	2%	1%	90%	869

*BIPOC is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

6B. Which other financial aid that must be used for food have you used in the past 12 months? (Please specify)

Health insurance benefit	26%
State or Federal program (e.g. MSA, MA, SSI, SFMNP)	22%
Other	18%
Food card donated from social service organization or church	12%
Cash or card (source not given)	10%
GRH (now called Housing Support)	9%
Energy Assistance Program	3%
# of respondents (unweighted)	24

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

7. In the past 12 months, have you used any of the following to meet your household's food needs? (Select all that at least one person in your household has used at least once)

	Free food from food pantries, food shelves, food banks, or pop-up grocery giveaways	Free monthly senior food box called CSFP or NAPS	Free meals such as Meals on Wheels or meals served in a shelter, excluding school lunch	Other free food aid	No one in my household has received free food aid in the past 12 months	# of respondents (unweighted)
	%	%	%	%	%	
By region:						
Statewide	11%	1%	3%	3%	86%	3008
Greater Minnesota	11%	2%	3%	3%	85%	1573
Twin Cities 7-county metro	11%	1%	3%	3%	86%	1435
By county group:						
Northwest	12%	3%	2%	0%	85%	84
Northland	12%	1%	4%	2%	84%	231
West Central	11%	2%	5%	2%	86%	155
Central	11%	2%	2%	4%	84%	458
Southwest	10%	3%	6%	2%	84%	167
Southern	10%	1%	3%	3%	87%	483
Suburban metro counties	10%	1%	2%	3%	88%	372
Hennepin County	10%	1%	3%	3%	86%	651
Ramsey County	13%	3%	3%	2%	83%	407
By racial/ethnic identities in household:						
White alone (entire household)	9%	1%	2%	2%	88%	2387
BIPOC (anyone in household)*	23%	4%	7%	5%	69%	401
Black or African American	31%	5%	6%	6%	62%	148
Asian or Asian American	10%	5%	7%	3%	84%	113
American Indian or Alaska Native	35%	8%	7%	11%	52%	57
Hispanic or Latino/a	24%	2%	7%	5%	68%	97
By household primary language:						
English or English plus another language	10%	1%	3%	3%	86%	2842
Another language only	31%	9%	11%	5%	63%	80
By household income:						
\$14,999 or less	48%	10%	12%	4%	46%	166
\$15,000 to \$24,999	39%	8%	13%	9%	51%	204
\$25,000 to \$34,999	23%	2%	4%	4%	72%	222
\$35,000 to \$44,999	16%	2%	3%	9%	75%	162
\$45,000 to \$64,999	12%	1%	3%	4%	84%	397
\$65,000 or more	2%	0%	1%	1%	96%	1253
By poverty status:						
Below 200% of Federal Poverty Line	41%	7%	10%	6%	51%	536
Above 200% of Federal Poverty Line	3%	0.1%	1%	2%	94%	1639
By household composition:						
Households including any children age 0-17	16%	1%	4%	4%	80%	597
Children under age 4 or younger	13%	1%	6%	2%	83%	194
Children age 5-17	18%	1%	4%	5%	77%	483
Households including any adult(s) age 65+	10%	2%	3%	3%	86%	1574
Households including only adult(s) age 18-64	10%	1%	3%	2%	87%	870

*'BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

7B. Which other free food aid have you used in the past 12 months? (Please specify)

Food from relatives / friends / neighbors	22%
Food support from social service organization or church (type of assistance not provided)	21%
School meals (free or reduced cost lunch, free breakfast)	16%
Discounted groceries (not free)	16%
Other	7%
School Backpack Program (food sent home with children over weekends / school holidays / summer)	5%
Mom's Meals (home delivered meals)	4%
Food at community / school / college events	4%
Free or almost free food at work	3%
Home / family vegetable garden	3%
Food from Tribe	2%
# of respondents (unweighted)	79

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

8. If you used free food aid in the past 12 months, in a typical month how often do you get free food from any of these places?

	4 times or more	2-3 times	1 time	I use these resources less than once a month	# of respondents (unweighted)
	%	%	%	%	
By region:					
Statewide	12%	27%	31%	30%	440
Greater Minnesota	12%	22%	35%	31%	224
Twin Cities 7-county metro	13%	31%	28%	29%	216
By county group:					
Northwest	--	--	--	--	13
Northland	--	--	--	--	34
West Central	--	--	--	--	21
Central	12%	17%	34%	37%	71
Southwest	--	--	--	--	26
Southern	16%	25%	37%	22%	59
Suburban metro counties	--	--	--	--	48
Hennepin County	13%	38%	18%	31%	96
Ramsey County	9%	28%	36%	27%	72
By racial/ethnic identities in household:					
White alone (entire household)	12%	24%	31%	32%	295
BIPOC (anyone in household)*	12%	34%	31%	23%	120
Black or African American	9%	31%	35%	25%	53
Asian or Asian American	--	--	--	--	19
American Indian or Alaska Native	--	--	--	--	26
Hispanic or Latino/a	--	--	--	--	31
By household primary language:					
English or English plus another language	13%	25%	32%	30%	397
Another language only	--	--	--	--	30
By household income:					
\$14,999 or less	12%	25%	44%	20%	85
\$15,000 to \$24,999	17%	39%	29%	15%	97
\$25,000 to \$34,999	4%	24%	31%	41%	58
\$35,000 to \$44,999	--	--	--	--	37
\$45,000 to \$64,999	11%	31%	26%	32%	61
\$65,000 or more	18%	20%	19%	44%	52
By poverty status:					
Below 200% of Federal Poverty Line	12%	31%	36%	20%	244
Above 200% of Federal Poverty Line	13%	21%	22%	44%	93
By household composition:					
Households including any children age 0-17	10%	34%	31%	25%	132
Children under age 4 or younger	--	--	--	--	38
Children age 5-17	11%	34%	32%	23%	116
Households including any adult(s) age 65+	11%	24%	34%	30%	223
Households including only adult(s) age 18-64	14%	23%	29%	34%	110

*BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

9. Think about one year from now. Do you feel...

	Very confident that my household will have enough food to eat	Somewhat confident that my household will have enough food to eat	Not confident that my household will have enough food to eat	I'm not sure	# of respondents (unweighted)
	%	%	%	%	
By region:					
Statewide	70%	17%	4%	9%	2986
Greater Minnesota	68%	17%	5%	10%	1564
Twin Cities 7-county metro	72%	17%	3%	8%	1422
By county group:					
Northwest	56%	18%	8%	17%	83
Northland	65%	18%	7%	10%	229
West Central	70%	13%	7%	11%	154
Central	68%	19%	4%	9%	457
Southwest	68%	18%	4%	9%	165
Southern	71%	16%	4%	9%	480
Suburban metro counties	74%	13%	4%	10%	370
Hennepin County	72%	17%	3%	8%	646
Ramsey County	70%	19%	3%	8%	402
By racial/ethnic identities in household:					
White alone (entire household)	74%	15%	3%	8%	2372
BIPOC (anyone in household)*	53%	30%	6%	11%	397
Black or African American	37%	37%	7%	18%	145
Asian or Asian American	60%	27%	3%	10%	112
American Indian or Alaska Native	44%	38%	7%	10%	57
Hispanic or Latino/a	59%	30%	4%	7%	97
By household primary language:					
English or English plus another language	71%	16%	4%	9%	2823
Another language only	32%	43%	9%	16%	80
By household income:					
\$14,999 or less	28%	34%	17%	21%	165
\$15,000 to \$24,999	32%	33%	13%	23%	200
\$25,000 to \$34,999	38%	32%	8%	23%	222
\$35,000 to \$44,999	59%	21%	8%	12%	162
\$45,000 to \$64,999	61%	23%	5%	11%	394
\$65,000 or more	84%	11%	1%	3%	1248
By poverty status:					
Below 200% of Federal Poverty Line	29%	36%	15%	20%	532
Above 200% of Federal Poverty Line	81%	12%	2%	5%	1631
By household composition:					
Households including any children age 0-17	66%	24%	4%	6%	593
Children under age 4 or younger	69%	22%	2%	7%	194
Children age 5-17	64%	26%	5%	6%	479
Households including any adult(s) age 65+	70%	15%	4%	11%	1563
Households including only adult(s) age 18-64	71%	17%	5%	8%	863

*BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

10. I am aware of the resources in my community that help people get food when they can't afford to buy enough food.

	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	# of respondents (unweighted)
	%	%	%	%	
By region:					
Statewide	36%	45%	11%	7%	2980
Greater Minnesota	40%	45%	10%	6%	1559
Twin Cities 7-county metro	33%	45%	12%	9%	1421
By county group:					
Northwest	43%	47%	6%	3%	83
Northland	35%	52%	9%	5%	228
West Central	42%	44%	10%	4%	154
Central	39%	43%	11%	7%	454
Southwest	42%	43%	9%	6%	163
Southern	42%	44%	9%	5%	480
Suburban metro counties	36%	47%	10%	7%	367
Hennepin County	31%	47%	12%	10%	646
Ramsey County	35%	42%	15%	9%	405
By racial/ethnic identities in household:					
White alone (entire household)	38%	46%	10%	7%	2371
BIPOC (anyone in household)*	30%	44%	14%	12%	400
Black or African American	26%	43%	14%	17%	148
Asian or Asian American	19%	47%	21%	12%	112
American Indian or Alaska Native	44%	48%	2%	7%	57
Hispanic or Latino/a	44%	34%	12%	10%	97
By household primary language:					
English or English plus another language	37%	45%	11%	7%	2815
Another language only	31%	39%	19%	12%	81
By household income:					
\$14,999 or less	35%	46%	12%	7%	164
\$15,000 to \$24,999	31%	46%	14%	9%	200
\$25,000 to \$34,999	36%	42%	12%	9%	221
\$35,000 to \$44,999	36%	50%	9%	6%	163
\$45,000 to \$64,999	38%	48%	9%	5%	395
\$65,000 or more	34%	46%	12%	8%	1251
By poverty status:					
Below 200% of Federal Poverty Line	32%	47%	13%	8%	531
Above 200% of Federal Poverty Line	36%	46%	11%	8%	1634
By household composition:					
Households including any children age 0-17	28%	52%	11%	8%	596
Children under age 4 or younger	24%	50%	16%	10%	194
Children age 5-17	30%	53%	10%	7%	482
Households including any adult(s) age 65+	43%	42%	9%	6%	1554
Households including only adult(s) age 18-64	31%	45%	15%	9%	867

*'BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

11. If my household needed more food to eat but could not afford it, I know how to get it (for example, where to go, who to contact, etc.)

	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	# of respondents (unweighted)
	%	%	%	%	
By region:					
Statewide	35%	40%	15%	10%	2981
Greater Minnesota	39%	40%	12%	8%	1560
Twin Cities 7-county metro	32%	41%	17%	11%	1421
By county group:					
Northwest	37%	49%	10%	4%	84
Northland	37%	45%	11%	7%	226
West Central	39%	42%	9%	10%	154
Central	39%	37%	15%	9%	453
Southwest	38%	43%	8%	10%	165
Southern	42%	37%	13%	8%	481
Suburban metro counties	37%	40%	15%	8%	367
Hennepin County	29%	41%	18%	13%	648
Ramsey County	31%	41%	16%	11%	403
By racial/ethnic identities in household:					
White alone (entire household)	36%	41%	14%	9%	2369
BIPOC (anyone in household)*	31%	41%	15%	14%	400
Black or African American	26%	38%	19%	17%	148
Asian or Asian American	24%	39%	20%	16%	111
American Indian or Alaska Native	39%	45%	7%	9%	57
Hispanic or Latino/a	40%	40%	7%	13%	98
By household primary language:					
English or English plus another language	35%	40%	14%	10%	2815
Another language only	20%	44%	19%	17%	81
By household income:					
\$14,999 or less	32%	43%	15%	10%	165
\$15,000 to \$24,999	28%	49%	14%	8%	201
\$25,000 to \$34,999	33%	42%	15%	10%	222
\$35,000 to \$44,999	38%	40%	15%	8%	163
\$45,000 to \$64,999	36%	44%	13%	8%	395
\$65,000 or more	33%	41%	16%	11%	1249
By poverty status:					
Below 200% of Federal Poverty Line	29%	46%	15%	9%	534
Above 200% of Federal Poverty Line	35%	41%	15%	10%	1633
By household composition:					
Households including any children age 0-17	27%	45%	18%	10%	596
Children under age 4 or younger	22%	44%	22%	12%	194
Children age 5-17	29%	47%	16%	8%	482
Households including any adult(s) age 65+	41%	38%	12%	8%	1554
Households including only adult(s) age 18-64	30%	42%	17%	12%	867

*'BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

12. My community has enough resources to help households get enough food.

	Strongly agree	Somewhat agree	Somewhat disagree	Strongly disagree	# of respondents (unweighted)
	%	%	%	%	
By region:					
Statewide	25%	52%	18%	5%	2925
Greater Minnesota	26%	52%	17%	6%	1543
Twin Cities 7-county metro	24%	52%	19%	5%	1382
By county group:					
Northwest	19%	53%	21%	8%	85
Northland	23%	51%	21%	6%	226
West Central	30%	49%	14%	7%	153
Central	28%	48%	20%	5%	446
Southwest	30%	54%	10%	7%	162
Southern	25%	54%	15%	6%	473
Suburban metro counties	29%	53%	15%	3%	358
Hennepin County	23%	51%	21%	5%	630
Ramsey County	21%	54%	18%	6%	392
By racial/ethnic identities in household:					
White alone (entire household)	25%	54%	17%	4%	2331
BIPOC (anyone in household)*	21%	46%	22%	11%	392
Black or African American	17%	38%	28%	18%	141
Asian or Asian American	16%	52%	24%	8%	113
American Indian or Alaska Native	28%	44%	18%	11%	56
Hispanic or Latino/a	28%	52%	14%	7%	97
By household primary language:					
English or English plus another language	25%	52%	18%	5%	2761
Another language only	17%	50%	18%	14%	81
By household income:					
\$14,999 or less	25%	43%	21%	11%	159
\$15,000 to \$24,999	21%	52%	21%	6%	198
\$25,000 to \$34,999	25%	46%	22%	7%	217
\$35,000 to \$44,999	33%	40%	18%	9%	160
\$45,000 to \$64,999	28%	51%	16%	5%	392
\$65,000 or more	21%	56%	20%	4%	1229
By poverty status:					
Below 200% of Federal Poverty Line	23%	45%	23%	9%	523
Above 200% of Federal Poverty Line	23%	55%	18%	4%	1609
By household composition:					
Households including any children age 0-17	18%	55%	21%	5%	588
Children under age 4 or younger	16%	56%	21%	7%	190
Children age 5-17	19%	57%	20%	4%	478
Households including any adult(s) age 65+	29%	50%	15%	5%	1522
Households including only adult(s) age 18-64	22%	53%	20%	5%	851

*'BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

13. If you needed to get food resources, would any of the following make it difficult for you? (Select all that apply)

	Not having reliable transportation	Physical mobility issues	Not having access to a phone or computer	Needing childcare	Taking time away from work	Other	None of the above; I would be able to access food resources	# of respondents (unweighted)
	%	%	%	%	%	%	%	
By region:								
Statewide	9%	7%	2%	3%	11%	3%	76%	2981
Greater Minnesota	9%	8%	1%	2%	9%	3%	78%	1562
Twin Cities 7-county metro	9%	6%	2%	4%	13%	3%	74%	1419
By county group:								
Northwest	16%	15%	1%	1%	7%	3%	73%	85
Northland	13%	9%	3%	1%	9%	5%	72%	226
West Central	5%	8%	1%	1%	8%	4%	80%	153
Central	8%	7%	1%	3%	9%	3%	79%	454
Southwest	11%	5%	1%	1%	9%	2%	79%	166
Southern	7%	7%	2%	2%	10%	2%	79%	481
Suburban metro counties	6%	4%	1%	4%	12%	1%	80%	368
Hennepin County	8%	6%	1%	4%	13%	3%	73%	642
Ramsey County	12%	10%	3%	4%	13%	4%	71%	406
By racial/ethnic identities in household:								
White alone (entire household)	7%	6%	1%	2%	9%	3%	79%	2373
BIPOC (anyone in household)*	16%	8%	3%	7%	21%	6%	58%	401
Black or African American	23%	12%	4%	7%	18%	6%	53%	147
Asian or Asian American	10%	3%	2%	6%	24%	5%	62%	113
American Indian or Alaska Native	26%	16%	3%	4%	20%	4%	54%	57
Hispanic or Latino/a	16%	6%	2%	8%	23%	5%	58%	98
By household primary language:								
English or English plus another language	8%	7%	2%	3%	11%	3%	76%	2823
Another language only	21%	8%	4%	2%	21%	7%	58%	81
By household income:								
\$14,999 or less	47%	30%	5%	2%	6%	10%	33%	163
\$15,000 to \$24,999	23%	18%	4%	2%	5%	8%	53%	201
\$25,000 to \$34,999	10%	10%	2%	2%	11%	7%	68%	218
\$35,000 to \$44,999	8%	6%	3%	1%	15%	7%	72%	163
\$45,000 to \$64,999	9%	6%	2%	3%	14%	4%	72%	396
\$65,000 or more	3%	3%	1%	5%	13%	1%	83%	1247
By poverty status:								
Below 200% of Federal Poverty Line	29%	20%	4%	3%	12%	9%	45%	530
Above 200% of Federal Poverty Line	4%	3%	1%	4%	12%	2%	82%	1632
By household composition:								
Households including any children age 0-17	5%	2%	1%	13%	24%	3%	65%	598
Children under age 4 or younger	5%	2%	1%	31%	33%	2%	53%	194
Children age 5-17	5%	2%	1%	8%	23%	4%	68%	484
Households including any adult(s) age 65+	9%	10%	2%	1%	3%	3%	80%	1559
Households including only adult(s) age 18-64	9%	5%	1%	0.4%	15%	3%	75%	862

*BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

13B. What else would make it difficult for you to get needed food resources? (Please specify)

General lack of information about available resources / where resources are located	21%
Do not qualify or can't prove they qualify for assistance	19%
Cost of food is too high	10%
Cost of transportation to resource is too high	8%
Dietary restrictions / allergies limit kinds of food R can eat (appropriate food not available)	8%
Physical health limitations	7%
Personal feelings about getting food assistance (stigma, shame, pride)	7%
Location of resource is too far away	6%
Age / old age (no further detail given)	4%
Application process: Do not know qualifications or how to apply	3%
Mental health issues	2%
Times / days resource is open / available	2%
Other	2%
Need to use public transportation	2%
Lack of time	2%
No transportation	1%
# of respondents (unweighted)	83

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

14. What challenges, if any, have you or anyone in your household experienced in making meals over the last month?
(Select all that apply)

	Not having access to a kitchen	Not having the tools needed to prepare meals	Not having the physical ability to make meals	Not having the emotional ability to make meals	None of the above	# of respondents (unweighted)
	%	%	%	%	%	
By region:						
Statewide	0.3%	1%	5%	8%	88%	2989
Greater Minnesota	0.3%	1%	4%	7%	89%	1563
Twin Cities 7-county metro	0.4%	2%	5%	9%	87%	1426
By county group:						
Northwest	0%	3%	4%	8%	87%	83
Northland	0.3%	2%	5%	6%	89%	229
West Central	1%	0%	7%	4%	91%	153
Central	0.3%	1%	3%	7%	91%	454
Southwest	0%	1%	3%	8%	90%	165
Southern	0.3%	1%	6%	8%	89%	482
Suburban metro counties	0%	0%	3%	4%	93%	372
Hennepin County	1%	2%	5%	11%	85%	647
Ramsey County	0.2%	3%	6%	11%	83%	404
By racial/ethnic identities in household:						
White alone (entire household)	0.2%	1%	5%	7%	89%	2382
BIPOC (anyone in household)*	0.5%	5%	6%	14%	79%	397
Black or African American	1%	7%	9%	11%	77%	144
Asian or Asian American	0%	5%	2%	14%	81%	114
American Indian or Alaska Native	0%	4%	6%	15%	80%	56
Hispanic or Latino/a	1%	3%	2%	21%	77%	97
By household primary language:						
English or English plus another language	0.3%	1%	5%	8%	88%	2834
Another language only	1%	3%	4%	12%	83%	78
By household income:						
\$14,999 or less	1%	6%	19%	20%	66%	161
\$15,000 to \$24,999	1%	4%	14%	14%	74%	203
\$25,000 to \$34,999	0.4%	2%	8%	11%	83%	220
\$35,000 to \$44,999	0%	2%	6%	12%	82%	165
\$45,000 to \$64,999	0.4%	1%	4%	8%	88%	394
\$65,000 or more	0.2%	1%	2%	7%	91%	1247
By poverty status:						
Below 200% of Federal Poverty Line	1%	4%	14%	16%	73%	530
Above 200% of Federal Poverty Line	0.2%	1%	2%	7%	90%	1630
By household composition:						
Households including any children age 0-17	0.4%	2%	3%	12%	85%	596
Children under age 4 or younger	1%	3%	3%	14%	83%	193
Children age 5-17	0.4%	2%	3%	12%	86%	483
Households including any adult(s) age 65+	0.3%	1%	5%	4%	91%	1564
Households including only adult(s) age 18-64	0.5%	1%	5%	13%	84%	866

*'BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

15. Including yourself, does anyone in your household identify as... (Select all that apply)

	Black or African American	Asian or Asian American	American Indian or Alaska Native	Hispanic or Latino/a	Native Hawaiian or other Pacific Islander	White	Another identity	# of respondents (unweighted)
	%	%	%	%	%	%	%	
By region:								
Statewide	6%	4%	2%	4%	0.2%	91%	1%	2798
Greater Minnesota	2%	2%	3%	2%	0.4%	96%	1%	1452
Twin Cities 7-county metro	8%	6%	1%	4%	0.1%	87%	1%	1346
By county group:								
Northwest	1%	1%	5%	1%	0%	95%	0%	81
Northland	2%	0.4%	6%	1%	1%	96%	0%	211
West Central	3%	2%	4%	3%	0%	95%	1%	151
Central	2%	1%	3%	3%	0%	96%	1%	416
Southwest	2%	3%	1%	4%	1%	96%	1%	151
Southern	2%	5%	1%	2%	0.4%	96%	1%	448
Suburban metro counties	2%	5%	1%	3%	0.3%	96%	1%	350
Hennepin County	11%	6%	2%	5%	0%	85%	2%	607
Ramsey County	10%	7%	1%	6%	0.2%	82%	1%	383
By racial/ethnic identities in household:								
White alone (entire household)	0%	0%	0%	0%	0%	100%	0.1%	2395
BIPOC (anyone in household)*	37%	29%	13%	24%	2%	39%	6%	403
Black or African American	100%	5%	8%	3%	1%	34%	2%	148
Asian or Asian American	6%	100%	2%	6%	1%	36%	2%	114
American Indian or Alaska Native	22%	4%	100%	9%	3%	68%	0%	57
Hispanic or Latino/a	5%	8%	5%	100%	0%	39%	0%	98
By household primary language:								
English or English plus another language	5%	3%	2%	2%	0.2%	94%	1%	2699
Another language only	26%	24%	0%	40%	2%	19%	1%	81
By household income:								
\$14,999 or less	20%	4%	5%	7%	0%	71%	1%	158
\$15,000 to \$24,999	8%	4%	3%	3%	0%	88%	1%	194
\$25,000 to \$34,999	8%	2%	2%	4%	1%	88%	1%	213
\$35,000 to \$44,999	9%	0%	4%	6%	0%	90%	2%	156
\$45,000 to \$64,999	4%	4%	3%	4%	1%	92%	1%	380
\$65,000 or more	4%	6%	1%	3%	0.2%	93%	1%	1205
By poverty status:								
Below 200% of Federal Poverty Line	15%	5%	5%	7%	0.2%	78%	2%	511
Above 200% of Federal Poverty Line	3%	5%	1%	3%	0.3%	93%	1%	1576
By household composition:								
Households including any children age 0-17	9%	8%	3%	8%	0.3%	85%	1%	564
Children under age 4 or younger	8%	8%	0.4%	6%	0%	89%	2%	181
Children age 5-17	10%	9%	3%	9%	0.4%	84%	1%	457
Households including any adult(s) age 65+	3%	2%	1%	2%	0.1%	94%	1%	1463
Households including only adult(s) age 18-64	7%	5%	2%	3%	0.4%	88%	1%	811

BIPOC is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

15B. If anyone in your household identifies as Black or African American, are you...

	African American	Somali, Oromo, Ethiopian, or from another East African country	Liberian, Nigerian, or from another West African country	None of the above selected	# of respondents (unweighted)
	%	%	%	%	
By region:					
Statewide	54%	13%	8%	25%	148
Greater Minnesota	--	--	--	--	30
Twin Cities 7-county metro	56%	14%	8%	22%	118
By county group:					
Northwest	--	--	--	--	1
Northland	--	--	--	--	5
West Central	--	--	--	--	4
Central	--	--	--	--	8
Southwest	--	--	--	--	3
Southern	--	--	--	--	9
Suburban metro counties	--	--	--	--	9
Hennepin County	56%	16%	6%	25%	65
Ramsey County	--	--	--	--	44
By racial/ethnic identities in household:					
White alone (entire household)	--	--	--	--	0
BIPOC (anyone in household)*	54%	13%	8%	25%	148
Black or African American	54%	13%	8%	25%	148
Asian or Asian American	--	--	--	--	8
American Indian or Alaska Native	--	--	--	--	12
Hispanic or Latino/a	--	--	--	--	5
By household primary language:					
English or English plus another language	61%	5%	7%	28%	123
Another language only	--	--	--	--	20
By household income:					
\$14,999 or less	--	--	--	--	32
\$15,000 to \$24,999	--	--	--	--	15
\$25,000 to \$34,999	--	--	--	--	17
\$35,000 to \$44,999	--	--	--	--	12
\$45,000 to \$64,999	--	--	--	--	14
\$65,000 or more	--	--	--	--	41
By poverty status:					
Below 200% of Federal Poverty Line	54%	15%	7%	24%	66
Above 200% of Federal Poverty Line	--	--	--	--	49
By household composition:					
Households including any children age 0-17	51%	9%	6%	36%	53
Children under age 4 or younger	--	--	--	--	14
Children age 5-17	--	--	--	--	46
Households including any adult(s) age 65+	--	--	--	--	43
Households including only adult(s) age 18-64	59%	18%	9%	14%	60

*BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

15C. If anyone in your household identifies as Asian or Asian American, are you...

	Hmong, Cambodian, Laotian, Thai, Vietnamese, or Burmese	None of these	# of respondents (unweighted)
	%	%	
By region:			
Statewide	38%	62%	114
Greater Minnesota	--	--	35
Twin Cities 7-county metro	40%	60%	79
By county group:			
Northwest	--	--	1
Northland	--	--	1
West Central	--	--	3
Central	--	--	4
Southwest	--	--	5
Southern	--	--	21
Suburban metro counties	--	--	14
Hennepin County	--	--	38
Ramsey County	--	--	27
By racial/ethnic identities in household:			
White alone (entire household)	--	--	0
BIPOC (anyone in household)*	38%	62%	114
Black or African American	--	--	8
Asian or Asian American	38%	62%	114
American Indian or Alaska Native	--	--	3
Hispanic or Latino/a	--	--	7
By household primary language:			
English or English plus another language	30%	70%	84
Another language only	--	--	19
By household income:			
\$14,999 or less	--	--	6
\$15,000 to \$24,999	--	--	7
\$25,000 to \$34,999	--	--	4
\$35,000 to \$44,999	--	--	0
\$45,000 to \$64,999	--	--	16
\$65,000 or more	32%	68%	65
By poverty status:			
Below 200% of Federal Poverty Line	--	--	23
Above 200% of Federal Poverty Line	34%	66%	72
By household composition:			
Households including any children age 0-17	--	--	46
Children under age 4 or younger	--	--	13
Children age 5-17	--	--	39
Households including any adult(s) age 65+	--	--	31
Households including only adult(s) age 18-64	--	--	42

*'BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

15D. What other race or ethnicity does anyone in your household identify as? (Please specify)

Other	27%
Middle Eastern	22%
Filipino	10%
Multi-racial (unspecified)	7%
West Indian	5%
Scandinavian	5%
Chicano	5%
Asian Indian	4%
Japanese	4%
Korean	4%
Indonesian	4%
Caribbean (any)	4%
Syrian	4%
# of respondents (unweighted)	21

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

16. What is the primary language you speak at home?

	English	Hmong	Somali	Spanish	Other	# of respondents (unweighted)
	%	%	%	%	%	
By region:						
Statewide	97%	0.3%	0.3%	1%	1%	2932
Greater Minnesota	99%	0%	0.1%	1%	0.4%	1536
Twin Cities 7-county metro	95%	1%	1%	2%	2%	1396
By county group:						
Northwest	100%	0%	0%	0%	0%	85
Northland	100%	0%	0%	0.3%	0%	227
West Central	99%	0%	1%	1%	0%	154
Central	99%	0%	0%	0.2%	0.4%	445
Southwest	98%	0%	0%	1%	0.5%	162
Southern	98%	0%	0%	1%	1%	468
Suburban metro counties	98%	0%	0.2%	1%	1%	362
Hennepin County	94%	1%	1%	2%	2%	634
Ramsey County	93%	1%	0.2%	3%	3%	395
By racial/ethnic identities in household:						
White alone (entire household)	100%	0%	0%	0%	0.4%	2391
BIPOC (anyone in household)*	80%	2%	2%	8%	7%	389
Black or African American	85%	1%	6%	0%	8%	143
Asian or Asian American	79%	8%	0%	0%	13%	103
American Indian or Alaska Native	100%	0%	0%	0%	0%	57
Hispanic or Latino/a	66%	0%	0%	33%	1%	97
By household primary language:						
English or English plus another language	100%	0%	0%	0%	0.3%	2851
Another language only	0%	10%	12%	41%	37%	81
By household income:						
\$14,999 or less	91%	0%	2%	4%	2%	162
\$15,000 to \$24,999	96%	1%	1%	0%	3%	201
\$25,000 to \$34,999	94%	0%	1%	3%	1%	217
\$35,000 to \$44,999	96%	0%	0%	2%	2%	164
\$45,000 to \$64,999	96%	1%	0%	2%	2%	393
\$65,000 or more	98%	0.2%	0.2%	1%	1%	1234
By poverty status:						
Below 200% of Federal Poverty Line	91%	0.4%	1%	4%	4%	526
Above 200% of Federal Poverty Line	98%	0.3%	0.1%	1%	1%	1618
By household composition:						
Households including any children age 0-17	94%	1%	0.1%	3%	2%	586
Children under age 4 or younger	96%	0%	0%	2%	2%	189
Children age 5-17	93%	1%	0.2%	3%	2%	474
Households including any adult(s) age 65+	98%	0.3%	0.2%	1%	1%	1539
Households including only adult(s) age 18-64	97%	0.1%	1%	1%	1%	845

*BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

16B. What other language do you primarily speak at home? (Please specify)

English and Hmong	9%
Amharic	8%
Vietnamese	8%
Russian	7%
Afaan Oromo / Oromo	6%
French	5%
Mandarin	4%
Nepali	4%
Portuguese	4%
EWE (a West African language)	4%
Polish	4%
Arabic	4%
English and Ethiopian (including Amharic, Tigrinya, Hadiyya)	3%
Amharic and Oromo	3%
ASL (American Sign Language)	3%
Ekegusii (a Bantu language in Kenya and Central, Southern, Eastern and SE Africa)	3%
English and Italian	3%
English and Arabic	3%
Ukrainian	3%
English and Spanish	2%
English and Indonesian	2%
English and Persian	2%
Karen	2%
English and Karen	2%
Mon (spoken in Myanmar and Thailand)	2%
Other	0%
# of respondents (unweighted)	36

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

17. In 2023, what was your annual household income?

	\$14,999 or less	\$15,000 to under \$25,000	\$25,000 to under \$35,000	\$35,000 to under \$45,000	\$45,000 to under \$55,000	\$55,000 to under \$65,000	# of respondents (unweighted)
	%	%	%	%	%	%	
By region:							
Statewide	8%	6%	7%	7%	8%	7%	2411
Greater Minnesota	10%	7%	8%	8%	8%	7%	1254
Twin Cities 7-county metro	7%	5%	6%	7%	7%	6%	1157
By county group:							
Northwest	15%	7%	10%	8%	15%	7%	64
Northland	11%	11%	9%	9%	7%	10%	186
West Central	8%	6%	8%	9%	7%	10%	132
Central	10%	6%	7%	9%	7%	6%	357
Southwest	12%	7%	7%	3%	10%	6%	126
Southern	9%	7%	8%	8%	8%	7%	391
Suburban metro counties	4%	4%	4%	7%	10%	8%	277
Hennepin County	7%	5%	5%	5%	6%	6%	544
Ramsey County	7%	7%	9%	8%	7%	6%	334
By racial/ethnic identities in household:							
White alone (entire household)	6%	6%	7%	7%	8%	7%	1951
BIPOC (anyone in household)*	17%	7%	7%	7%	7%	6%	355
Black or African American	27%	9%	9%	11%	4%	5%	131
Asian or Asian American	7%	5%	3%	0%	8%	6%	98
American Indian or Alaska Native	20%	9%	7%	12%	9%	12%	50
Hispanic or Latino/a	15%	4%	7%	10%	6%	8%	88
By household primary language:							
English or English plus another language	8%	6%	7%	7%	8%	7%	2295
Another language only	21%	8%	9%	9%	10%	6%	76
By household income:							
\$14,999 or less	100%	0%	0%	0%	0%	0%	167
\$15,000 to \$24,999	0%	100%	0%	0%	0%	0%	204
\$25,000 to \$34,999	0%	0%	100%	0%	0%	0%	223
\$35,000 to \$44,999	0%	0%	0%	100%	0%	0%	165
\$45,000 to \$64,999	0%	0%	0%	0%	53%	47%	398
\$65,000 or more	0%	0%	0%	0%	0%	0%	1254
By poverty status:							
Below 200% of Federal Poverty Line	41%	31%	15%	7%	3%	2%	539
Above 200% of Federal Poverty Line	0%	0%	0%	4%	9%	9%	1641
By household composition:							
Households including any children age 0-17	5%	3%	3%	4%	5%	5%	535
Children under age 4 or younger	5%	1%	3%	1%	3%	5%	179
Children age 5-17	5%	3%	4%	4%	6%	5%	425
Households including any adult(s) age 65+	9%	10%	11%	10%	10%	8%	1204
Households including only adult(s) age 18-64	10%	4%	4%	7%	5%	6%	725

*BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

17. In 2023, what was your annual household income?
(cont.)

	\$65,000 to under \$75,000	\$75,000 to under \$85,000	\$85,000 to under \$95,000	\$95,000 to under \$105,000	\$105,000 or more	# of respondents (unweighted)
	%	%	%	%	%	
By region:						
Statewide	6%	6%	5%	5%	35%	2411
Greater Minnesota	6%	6%	6%	5%	28%	1254
Twin Cities 7-county metro	5%	6%	5%	5%	41%	1157
By county group:						
Northwest	6%	3%	10%	3%	15%	64
Northland	7%	6%	5%	5%	20%	186
West Central	5%	7%	6%	4%	29%	132
Central	3%	6%	7%	7%	32%	357
Southwest	8%	6%	6%	6%	28%	126
Southern	7%	7%	5%	4%	30%	391
Suburban metro counties	6%	4%	5%	4%	43%	277
Hennepin County	5%	6%	5%	5%	44%	544
Ramsey County	6%	7%	4%	5%	35%	334
By racial/ethnic identities in household:						
White alone (entire household)	6%	6%	5%	5%	37%	1951
BIPOC (anyone in household)*	5%	6%	5%	5%	29%	355
Black or African American	2%	5%	3%	3%	21%	131
Asian or Asian American	7%	8%	4%	7%	45%	98
American Indian or Alaska Native	6%	2%	8%	4%	10%	50
Hispanic or Latino/a	4%	5%	8%	9%	25%	88
By household primary language:						
English or English plus another language	6%	6%	5%	5%	36%	2295
Another language only	4%	9%	3%	6%	14%	76
By household income:						
\$14,999 or less	0%	0%	0%	0%	0%	167
\$15,000 to \$24,999	0%	0%	0%	0%	0%	204
\$25,000 to \$34,999	0%	0%	0%	0%	0%	223
\$35,000 to \$44,999	0%	0%	0%	0%	0%	165
\$45,000 to \$64,999	0%	0%	0%	0%	0%	398
\$65,000 or more	10%	11%	9%	9%	62%	1254
By poverty status:						
Below 200% of Federal Poverty Line	1%	1%	0%	0%	0%	539
Above 200% of Federal Poverty Line	7%	8%	7%	7%	49%	1641
By household composition:						
Households including any children age 0-17	4%	6%	5%	5%	56%	535
Children under age 4 or younger	3%	4%	7%	6%	61%	179
Children age 5-17	5%	6%	6%	5%	53%	425
Households including any adult(s) age 65+	6%	6%	5%	4%	21%	1204
Households including only adult(s) age 18-64	6%	6%	6%	6%	40%	725

BIPOC is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

17B. Poverty Status - 200% of 2023 Federal Poverty Line

	Below 200% of Poverty Line	Unable to determine - income category straddles 200% FPL	Above 200% of Poverty Line	# of respondents (unweighted)
	%	%	%	
By region:				
Statewide	20%	8%	72%	2409
Greater Minnesota	24%	9%	67%	1253
Twin Cities 7-county metro	17%	8%	76%	1156
By county group:				
Northwest	28%	14%	58%	63
Northland	30%	10%	61%	186
West Central	23%	10%	67%	132
Central	23%	8%	69%	357
Southwest	25%	5%	69%	126
Southern	22%	9%	68%	391
Suburban metro counties	12%	8%	80%	276
Hennepin County	17%	6%	77%	544
Ramsey County	21%	9%	70%	334
By racial/ethnic identities in household:				
White alone (entire household)	17%	8%	75%	1950
BIPOC (anyone in household)*	36%	8%	56%	354
Black or African American	49%	11%	40%	131
Asian or Asian American	21%	3%	77%	98
American Indian or Alaska Native	--	--	--	49
Hispanic or Latino/a	36%	8%	56%	88
By household primary language:				
English or English plus another language	19%	8%	73%	2293
Another language only	50%	5%	45%	76
By household income:				
\$14,999 or less	100%	0%	0%	167
\$15,000 to \$24,999	100%	0%	0%	204
\$25,000 to \$34,999	45%	55%	0%	222
\$35,000 to \$44,999	19%	43%	38%	165
\$45,000 to \$64,999	7%	7%	86%	397
\$65,000 or more	1%	1%	99%	1254
By household composition:				
Households including any children age 0-17	18%	5%	77%	534
Children under age 4 or younger	15%	4%	80%	179
Children age 5-17	20%	5%	74%	424
Households including any adult(s) age 65+	25%	11%	64%	1203
Households including only adult(s) age 18-64	16%	6%	77%	725

*'BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

18. How many people does this income support, including yourself?

	1 person	2 people	3 people	4 people	5 or more people	# of respondents (unweighted)
	%	%	%	%	%	
By region:						
Statewide	29%	43%	10%	11%	7%	2973
Greater Minnesota	28%	48%	9%	9%	7%	1555
Twin Cities 7-county metro	29%	39%	12%	13%	7%	1418
By county group:						
Northwest	44%	38%	11%	6%	1%	84
Northland	32%	51%	7%	6%	3%	229
West Central	21%	54%	8%	10%	7%	153
Central	26%	47%	9%	10%	8%	452
Southwest	24%	47%	11%	11%	8%	166
Southern	29%	47%	8%	7%	8%	475
Suburban metro counties	22%	43%	12%	16%	7%	367
Hennepin County	31%	39%	11%	13%	6%	644
Ramsey County	32%	37%	11%	13%	7%	403
By racial/ethnic identities in household:						
White alone (entire household)	30%	45%	9%	11%	5%	2374
BIPOC (anyone in household)*	23%	30%	17%	18%	13%	398
Black or African American	28%	27%	19%	14%	12%	147
Asian or Asian American	19%	32%	19%	16%	15%	112
American Indian or Alaska Native	33%	33%	11%	11%	12%	56
Hispanic or Latino/a	14%	25%	15%	27%	18%	96
By household primary language:						
English or English plus another language	29%	43%	10%	11%	6%	2820
Another language only	22%	28%	12%	19%	19%	80
By household income:						
\$14,999 or less	74%	13%	6%	4%	4%	166
\$15,000 to \$24,999	63%	24%	8%	3%	2%	203
\$25,000 to \$34,999	55%	33%	4%	4%	3%	222
\$35,000 to \$44,999	38%	43%	9%	6%	4%	165
\$45,000 to \$64,999	35%	46%	10%	3%	6%	397
\$65,000 or more	12%	47%	13%	18%	10%	1254
By poverty status:						
Below 200% of Federal Poverty Line	50%	24%	10%	7%	10%	537
Above 200% of Federal Poverty Line	20%	47%	12%	15%	7%	1641
By household composition:						
Households including any children age 0-17	1%	7%	24%	41%	26%	597
Children under age 4 or younger	0.4%	3%	33%	39%	24%	194
Children age 5-17	1%	8%	18%	41%	32%	483
Households including any adult(s) age 65+	37%	53%	5%	2%	2%	1572
Households including only adult(s) age 18-64	33%	50%	10%	6%	2%	862

*BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Second Harvest Heartland
2024 Survey of Hunger and Food Security in Minnesota

19. Are any of the people supported by this income...

	Under age 5	Age 5-17	Age 65 or older	None of these	# of respondents (unweighted)
	%	%	%	%	
By region:					
Statewide	7%	17%	50%	30%	2993
Greater Minnesota	6%	15%	56%	28%	1563
Twin Cities 7-county metro	8%	19%	45%	33%	1430
By county group:					
Northwest	3%	12%	64%	25%	85
Northland	3%	10%	61%	30%	230
West Central	7%	16%	56%	25%	155
Central	6%	19%	52%	28%	453
Southwest	7%	12%	57%	28%	166
Southern	6%	15%	55%	28%	478
Suburban metro counties	7%	21%	43%	32%	371
Hennepin County	9%	18%	43%	36%	648
Ramsey County	8%	18%	52%	27%	407
By racial/ethnic identities in household:					
White alone (entire household)	7%	15%	53%	29%	2385
BIPOC (anyone in household)*	10%	33%	30%	36%	401
Black or African American	10%	30%	29%	40%	148
Asian or Asian American	13%	34%	25%	38%	113
American Indian or Alaska Native	2%	32%	34%	36%	57
Hispanic or Latino/a	12%	43%	32%	26%	97
By household primary language:					
English or English plus another language	7%	17%	50%	30%	2837
Another language only	9%	36%	36%	28%	80
By household income:					
\$14,999 or less	5%	11%	49%	39%	167
\$15,000 to \$24,999	2%	9%	73%	20%	204
\$25,000 to \$34,999	4%	10%	74%	19%	223
\$35,000 to \$44,999	1%	11%	63%	28%	165
\$45,000 to \$64,999	5%	14%	60%	25%	398
\$65,000 or more	12%	24%	35%	35%	1254
By poverty status:					
Below 200% of Federal Poverty Line	6%	19%	57%	25%	539
Above 200% of Federal Poverty Line	9%	20%	42%	34%	1641
By household composition:					
Households including any children age 0-17	33%	80%	9%	0%	598
Children under age 4 or younger	100%	39%	8%	0%	194
Children age 5-17	16%	100%	9%	0%	484
Households including any adult(s) age 65+	1%	3%	100%	0%	1582
Households including only adult(s) age 18-64	0%	0%	0%	100%	871

*BIPOC' is inclusive of all households in which any person in the household identifies as any race or ethnicity of color, including as part of a multiracial or multiethnic identity

Acknowledgements

Wilder Research Staff:

Anna Alba
Mark Anton
Jen Collins
Marilyn Conrad
Phil Cooper
Amanda Eggers
Rachel Fields
Emily Iwuc
Heather Loch
Ryan McArdle
Maureen McGovern
Audrey Mutanhaurwa
Margaret Peterson
Dan Swanson
Karen Ulstad
Kerry Walsh

Wilder Research, a division of Amherst H. Wilder Foundation, is a nationally respected nonprofit research and evaluation group. For more than 100 years, Wilder Research has gathered and interpreted facts and trends to help families and communities thrive, get at the core of community concerns, and uncover issues that are overlooked or poorly understood.

451 Lexington Parkway North
Saint Paul, Minnesota 55104
651-280-2700 | www.wilderresearch.org

Wilder Research®

Information. Insight. Impact.

