

MEASURING FOOD INSECURITY IN MINNESOTA

In 2024, Second Harvest Heartland partnered with Wilder Research to conduct the first-ever statewide hunger survey and meet the need for more timely and accurate data about Minnesota’s growing hunger problem. With the end of federal data collection on hunger as of 2025, continuing our survey has become crucial to understanding what’s happening in our state. Our most recent findings show evidence of a worsening problem, especially among the state’s already-vulnerable households.

1 in 5 Minnesota households can’t afford the food they need

32% of households with children are food insecure

20% of households rely on the emergency food system

THE FOOD SECURITY SCALE

To get a clearer picture of hunger in Minnesota, we developed the Food Security Scale, which describes four stops along the way from hunger to full food security (*see right*). The emergency food system supports families at the second and third stops through direct food distributions such as food shelves and hunger-relief programs like SNAP. While we and our food shelf partners are always adjusting to meet the growing need, we’re also working on solutions for long-term stability. It will require a whole community effort to help more Minnesota households afford the food they need.



STOP 1: FOOD INSECURE

NO HELP

Households not receiving help from the emergency food system, do not have enough food



STOP 2: FOOD INSECURE

SOME HELP

Households receiving some help from the emergency food system, still do not have enough food



STOP 3: FOOD INSECURE

ENOUGH HELP

Households receiving help from the emergency food system, have enough food



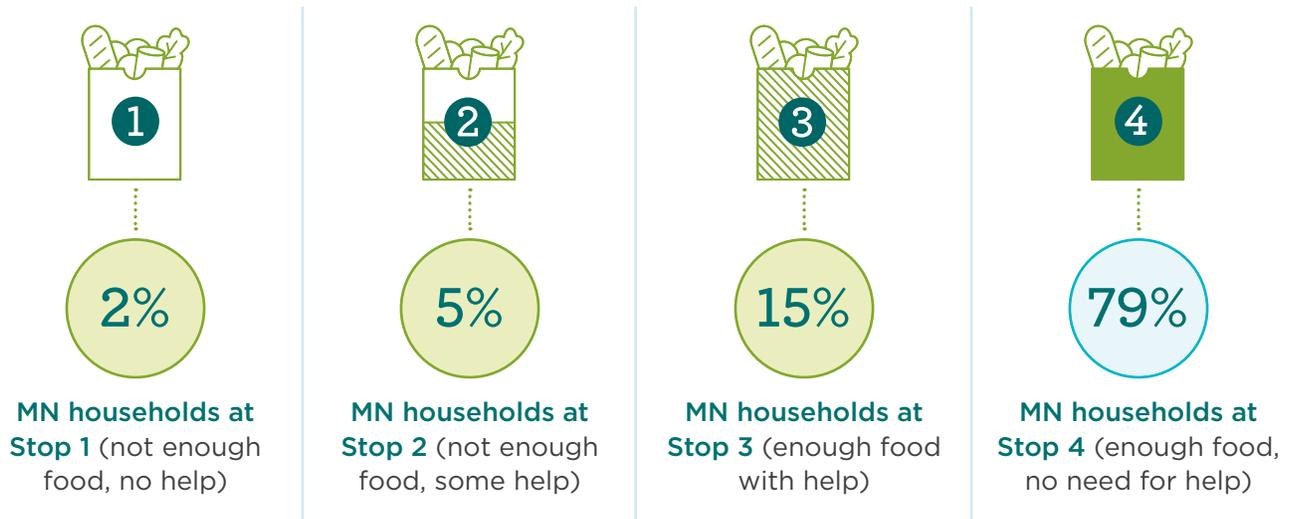
STOP 4: FOOD SECURE

NO NEED FOR HELP

Households that have enough food without any help from the emergency food system

WHERE MN HOUSEHOLDS FALL ON THE FOOD SECURITY SCALE

Our 2025 survey found that **22% of Minnesota households cannot afford the food they need**. 2% of households are at Stop 1, 5% are at Stop 2, and 15% are at Stop 3 (*percentages reflect rounding*). There are more food-insecure households compared to the previous year—meaning fewer Minnesotans are able to afford the food they need.

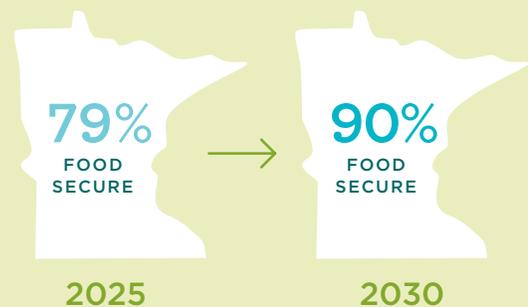


IMPROVING STABILITY

Household stability is about more than just food: housing, job security, wages, and overall health all contribute to our ability to thrive. In a troubling insight, we found that **42% of Minnesota households are concerned about their level of stability**. This percentage is greater among households that are food insecure. So while we work to provide food and resources to address hunger in the moment, we're also focused on improving household stability in the longer term. We are dedicated to working in partnership with community leaders, legislators, and other nonprofits to assist impacted communities.

MAKE HUNGER HISTORY

We are leading a bold initiative to reduce hunger, aiming to make 90% of MN households food secure by 2030.



LEARN MORE

Scan the code or go to 2harvest.org/makehungerhistory to learn more about our research, our work, and our commitment to making hunger history in MN.

