



DID YOU KNOW? FOOD INSECURITY FAST FACTS

Food insecurity is the lack of consistent access to safe and healthy food. There are many reasons why people may experience food insecurity, but the main cause often comes down to lower incomes and poverty. The impact of food insecurity is not just limited to nutritious food access; it impacts the overall health of individuals and their families. They often have to make tough choices with the little money they have, trading one need for another. For example, Kansans visiting food pantries report that in the past 12 months:

41%

had to choose between
paying for food and
medicine/medical care

49%

had to choose between
paying for food and utilities

38%

had to choose
between paying for
food and housing

33%

had to choose between
paying for food and
transportation

Sources: United States Department of Agriculture, Feeding America, Kansas Department of Health and Environment, Kansas Department of Education, Kansas Department for Children and Families, Food Assistance and Hunger in the Heartland, 2021.



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HEALTHY LIVING WORD SEARCH

P M C L O V E K E L O D A Y
 B R D J C E S Z W I U T B S
 H I K E A G L K W A T E R U
 G D N S T E E R C J S V E N
 E F R U I T E A B O I H A S
 W B I S F A P N I M D E D H
 A T U S N B I B L E E G W I
 L O P F H L R T P C L E A N
 K I N D N E S S M I L E O E
 C H W A D S E R C U P W H N

BIBLE	HIKE	SMILE
BREAD	JESUS	SUNSHINE
CLEAN	KINDNESS	VEGETABLES
CUP	LOVE	WALK
FISH	OUTSIDE	WASH
FRUIT	SLEEP	WATER

Source: Midwest Food Bank

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 E F R U I T E A B O I H A S
 W B I S F A P N I M D E D H
 A T U S N B I B L E E G W I
 L O P F H L R T P C L E A N
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