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Is Food a Right or a Privilege? A Discussion on Hunger and Food Insecurity

Pheed Philadelphia

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A Discussion on Hunger and Food Insecurity

Pheed Philadelphia
What is Food Insecurity?

- “...a lack of consistent access to enough food for an active, healthy life.” - USDA
- Though related, food insecurity is NOT hunger
- Hunger is a physical feeling
- Food Insecurity is a lack of financial resources to provide food for households
What does Food Insecurity look like?

- USDA breaks food insecurity into two categories: low and very low
  - Low: “Reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.”
  - Very Low: “Reports of multiple indications of disrupted eating patterns and reduced food intake.”
- What food insecurity can sound like:
  - “I have to wait for my next check before I go shopping.”
  - “Since the dining halls closed earlier last night and I didn’t know, I haven’t eaten since lunch yesterday.”
  - “It’s hard to eat healthy, I can’t afford to buy organic foods”
1 in 8 people
struggles with hunger.

1 in 6 children
struggles with hunger.

People facing hunger in Pennsylvania are estimated to report needing
$797,438,000 more per year to meet their food needs.

Food Insecurity in Pennsylvania
Food Insecurity in Philadelphia
In a survey run by the USDA...

- 42% of community college students reported they were at the lowest levels of food security
- 36% of university students indicated they were at these levels

In a study of nearly 4,000 students in 12 states...

- 48% accounted food insecurity in the past 30 days
- 22% had low levels of food insecurity that categorized them as hungry
37% of surveyed students at La Salle reported being food insecure.
Is food a right or a privilege?
The Basket

Basement of Benilde
M–Th 12:30–2:00
M&W 4:45–6:15

Chapel Lounge
(College Hall)
M–F 9:00–5:00


Food Insecurity, Dr. Laura Frank