



Food Insecurity and Access

Community Action provides Food Access


One in 8 Minnesotans and almost **15 percent of MN children** experience **food insecurity** each year. They lack adequate access to food for sustained periods, resulting in either restrictive diets and skipped meals or being forced into purchasing cheaper, less healthy foods. Households with low incomes are more likely to pay a higher percentage of their incomes on rent and utilities, leaving less money for food. **Community Action Agencies (CAAs) work to increase food security** among the most vulnerable. These food programs, funded by MN Dept. of Human Services and U.S. Dept. of Agriculture, are provided by CAAs, Tribal Nations and partner organizations.

Food Shelf Services




Many CAAs run food shelves for community members with low incomes, providing **emergency food services**. Food shelves also often provide other **essential household goods** like diapers and hygiene products and act as an entry point for enrolling in other programs and services.

Congregate Meals and Meal Delivery



These programs provide nutritious food to **adults with low incomes over age 60 and adults with disabilities**. These meal services also offer **social support**, either through a shared meal or visits by delivery drivers and staff to check in on the recipients to ensure they are safe and have the support they need.

Access to Farmers Markets and Fresh Produce



Low-income neighborhoods and neighborhoods of color often lack access to fresh produce because grocery options are limited to gas stations and corner stores. Some CAAs, especially in rural MN, **operate or partner with local farmers markets** so federal food benefits like Supplemental Nutrition Assistance Program (**SNAP**) and Women, Infants and Children (**WIC**) are accepted at farmers markets and, in many cases, doubled through the "Market Bucks" program.

About Community Action

The Economic Opportunity Act of 1964 created the Community Action Network of national and local organizations that connect millions of people, with low and moderate incomes, to essential services. The network works to build community resiliency and helps people move out of poverty. In Minnesota, 24 Community Action Agencies and 11 Tribal Nations serve all 87 counties across the state, providing poverty solutions through programs and services including: homeless prevention and housing assistance, utility bill assistance, healthcare enrollment, food and nutrition services, Head Start early childhood programming, financial asset building, regional transit, and more.

- Over **475,000** congregate meals served
 - Over **350,000** meals delivered
 - Over **60,000** people accessed food assistance
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Source: 2019 MinnCAP Annual Report

24 Local Agencies & 11 Tribal Governments

