



Food Insecurity and Access

Updated 2022

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.

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 self-sufficiency, including removing systemic and structural barriers to move people out of poverty. In Minnesota, 24 Community Action Agencies and 11 Tribal Nations serve all 87 counties, providing poverty solutions with equitable access to various services: 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.

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.

- Over **600,000** prepared meals were provided to people
- Over **34,000** meals were delivered directly to people.
- Over **9,400** people improved their nutrition skills

Source: 2020 MinnCAP Annual Report

24 Local Agencies & 11 Tribal Governments

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MinnCAP Leadership

MinnCAP Executive Director

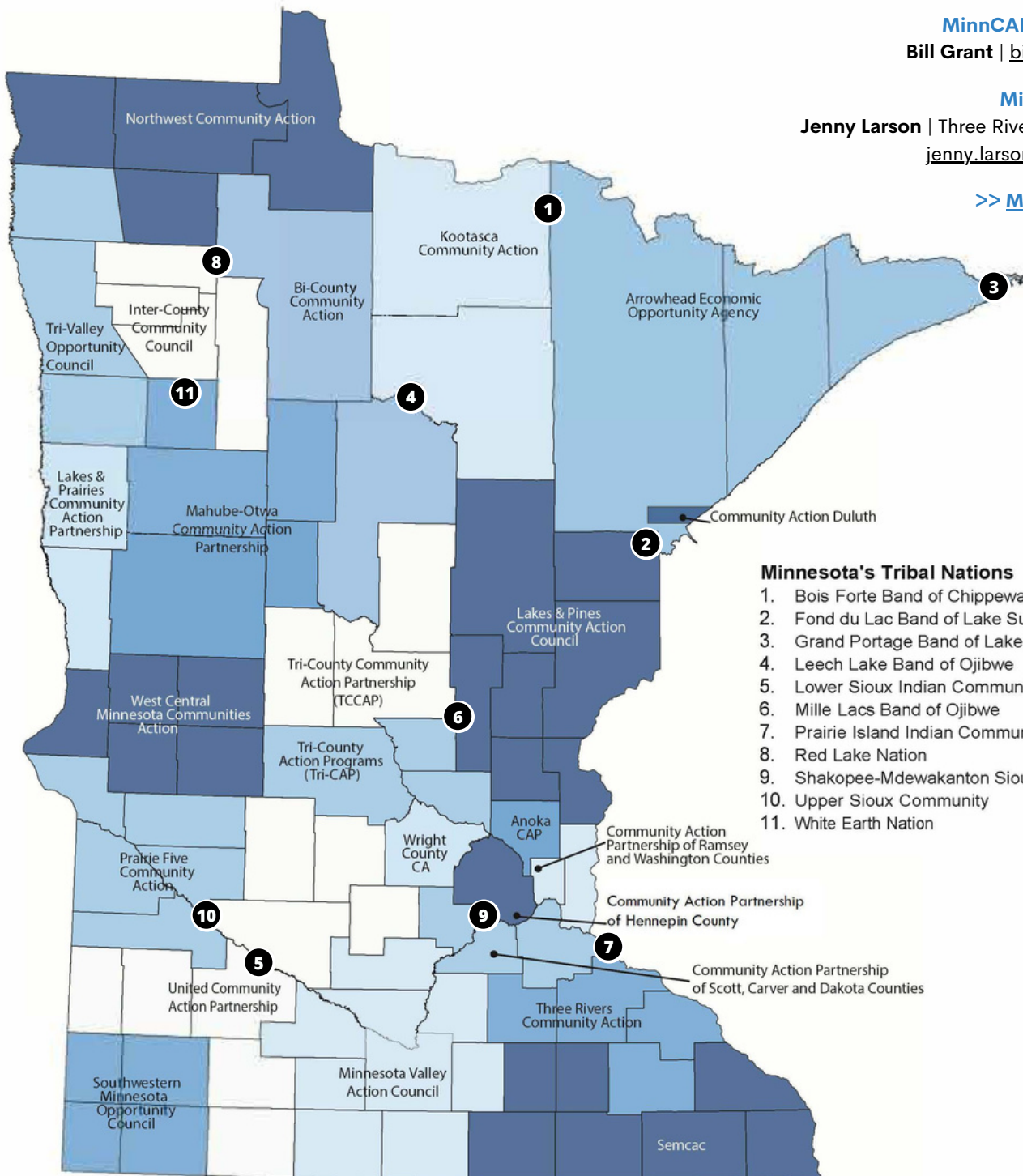
Bill Grant | billgrant@minncap.org

MinnCAP Board Chair

Jenny Larson | Three Rivers Executive Director

jenny.larson@threeriverscap.org

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Minnesota's Tribal Nations

1. Bois Forte Band of Chippewa
2. Fond du Lac Band of Lake Superior
3. Grand Portage Band of Lake Superior
4. Leech Lake Band of Ojibwe
5. Lower Sioux Indian Community
6. Mille Lacs Band of Ojibwe
7. Prairie Island Indian Community
8. Red Lake Nation
9. Shakopee-Mdewakanton Sioux Community
10. Upper Sioux Community
11. White Earth Nation

Minnesota Community Action Association Resources Foundation (MCAARF) is the 501c(3) nonprofit that secures funding to support MinnCAP's mission.