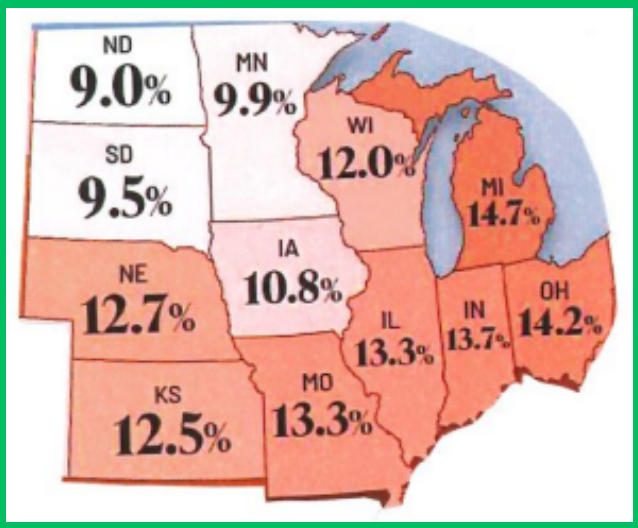
FOOD INSECURITY IN THE MIDWEST

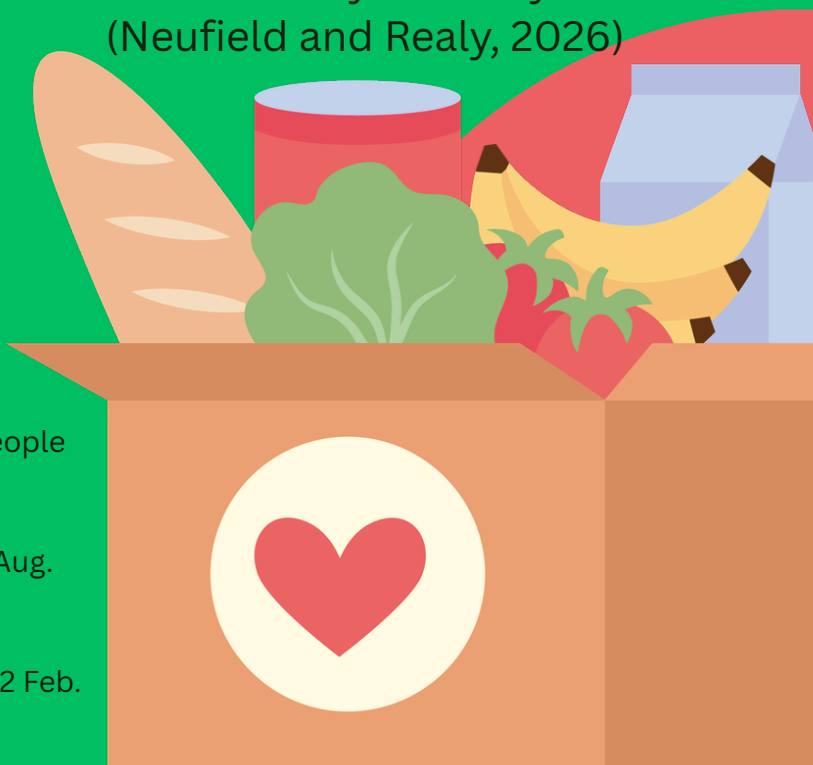
By the Numbers:

- Food insecurity impacts 100% of US counties and congressional districts (Feeding America, 2026)
- Rural counties are particularly vulnerable, accounting for 86% of US counties with high food insecurity levels (Feeding America, 2026)
- Over the last decade, food insecurity has increased by 11.7% in farm-dependent counties (Felder, 2026)
- 48% of U.S. religious congregations have food-distribution programs to help support community need (Fulton, 2021)

Food insecurity is defined as "a household-level economic and social condition of limited or uncertain access to adequate food" (Feeding America, 2026)



Food Insecurity Rates by State (Neufield and Realy, 2026)



Sources:
Feeding America, "Map the Meal Gap 2026."
Brad Fulton, "Nearly Half of All Faith Institutions Help People Get Enough to Eat," *InterfaithAmerica.org,* 28 Oct. 2021.
Ben Felder, "These Rural Communities Feed the World. They're Also Going Hungry," *InvestigateMidwest.org*, 28 Aug. 2026.
Dorothy Neufield and Amy Realy, "Mapped: Where Food Insecurity is Highest, State by State," *Visual Capitalist*, 22 Feb. 2026.