



Households Faced Persistent Challenges Affording Food in 2024

More Than One in Four Adults Reported Food Insecurity, Unchanged from High Rate Observed in 2023

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Congress is considering major cuts to the federal safety net in 2025 (Bergh, Rosenbaum, and Nchako 2025), including the Supplemental Nutrition Assistance Program (SNAP), the nation's largest source of food assistance to low-income families.¹ The debate over these changes follows recent economic trends that have put increasing pressure on household food budgets. In the wake of increased inflation that accelerated sharply in 2021 and 2022 and with the withdrawal of pandemic aid, household food insecurity increased above prepandemic levels in 2023, nearly approaching the rate experienced at the height of the Great Recession (Gupta et al. 2024; Rabbitt et al. 2024).

In this brief, we examine 2019–24 trends in household food insecurity and receipt of charitable food using data from the Urban Institute's Well-Being and Basic Needs Survey (WBNS), a nationally representative survey of adults ages 18 to 64. We find that in December 2024, the shares of adults reporting food insecurity and charitable food receipt plateaued at high rates and remained significantly above prepandemic levels. We also find that food hardship was most common among groups that may be disproportionately affected by cuts to SNAP, including households with children; Black and Hispanic/Latinx adults;² lesbian, gay, bisexual, or transgender (LGBT) adults;³ and adults with disabilities. Our key findings include the following:

Food Insecurity

- More than one in four nonelderly adults (27.1 percent) reported that their households experienced food insecurity in 2024, a share that was unchanged from 2023 and continued to be higher than the share reported in 2019 (22.4 percent).⁴

- Approximately one in three adults living with children from birth to age 5 (34.2 percent) or school-aged children ages 6 to 17 (31.5 percent) reported food insecurity in 2024.
- Other groups reporting high rates of food insecurity in 2024 included Black and Hispanic/Latinx adults (38.6 and 34.6 percent); LGBT adults (32.8 percent); and adults with disabilities (52.1 percent).

Charitable Food Receipt

- More than one in six adults (17.6 percent) reported their households received charitable food in 2024, a share that was statistically unchanged from 2023 (16.6 percent). The rate of charitable food receipt has persisted above its 2019 level (12.1 percent) for the past five years.
- Twenty-three percent of adults living with young children and 21.8 percent of adults living with school-aged children reported receipt of charitable food in 2024, compared with 15.3 percent of adults in households without children.
- Groups that disproportionately experienced food insecurity also reported high rates of receiving charitable food, including Black and Hispanic/Latinx adults (30.6 percent and 25.4 percent) and adults with disabilities (34.9 percent).

These findings underscore the deep challenges US households face in meeting basic food needs. Cuts to federal nutrition programs such as SNAP, as well as those that supply food to the nation's food banks and their partners, could push rates of hardship even higher and further strain the charitable food system.

Background and Policy Environment

Household food budgets have been under increasing strain over the last several years. Following rapid food price inflation in 2021 and 2022 and the expiration of pandemic assistance programs—such as expansions to unemployment benefits and the expanded child tax credit, multiple rounds of stimulus payments, temporary emergency allotments to SNAP, and universal free school meals—food insecurity increased in 2022 and rose above prepandemic levels in 2023 (Gupta et al. 2024; Martinchek et al. 2023). Though inflation has slowed, food prices in 2024 are 23.6 percent higher than they were in 2020, and consumers are still feeling the cumulative impacts of price increases.⁵ In early 2025, food price inflation has been closer to historical norms, but the cost of certain staple items, such as eggs, have increased significantly.⁶

Despite these pressures, policymakers are currently debating major cuts to SNAP and other federal food assistance programs. A budget resolution passed by the House of Representatives in February 2025 seeks to achieve \$230 billion in cuts to programs overseen by the House Agriculture Committee, which would consist largely of cuts to SNAP. Recent proposals to achieve these cuts have included the following (Bergh, Rosenbaum, and Nchako 2025):

- **Cutting SNAP benefits by 21 percent** by reversing the 2021 increase in the Thrifty Food Plan, which approximates the cost of an adequate diet that can be purchased with a limited budget and which serves as the basis for setting maximum SNAP benefit amounts⁷
- **Restricting future updates to SNAP benefit levels** by removing the US Department of Agriculture's (USDA's) authority to update the cost of the Thrifty Food Plan other than inflation adjustments
- **Expanding SNAP work requirements** to parents of school-age children and older adults ages 55 to 64
- **Ending broad-based categorical eligibility**, an option used by more than 40 states and territories to make SNAP benefits available to more low-income families⁸

Research demonstrates the critical role of SNAP in protecting families against food insecurity (Ratcliffe et al. 2011). Limiting eligibility for, access to, and adequacy of SNAP benefits for the 42 million individuals who receive them would increase food hardship and undermine their health and finances, with disproportionate effects on older adults, families with children, and adults with disabilities, among others (Bergh, Rosenbaum, and Nchako 2025).

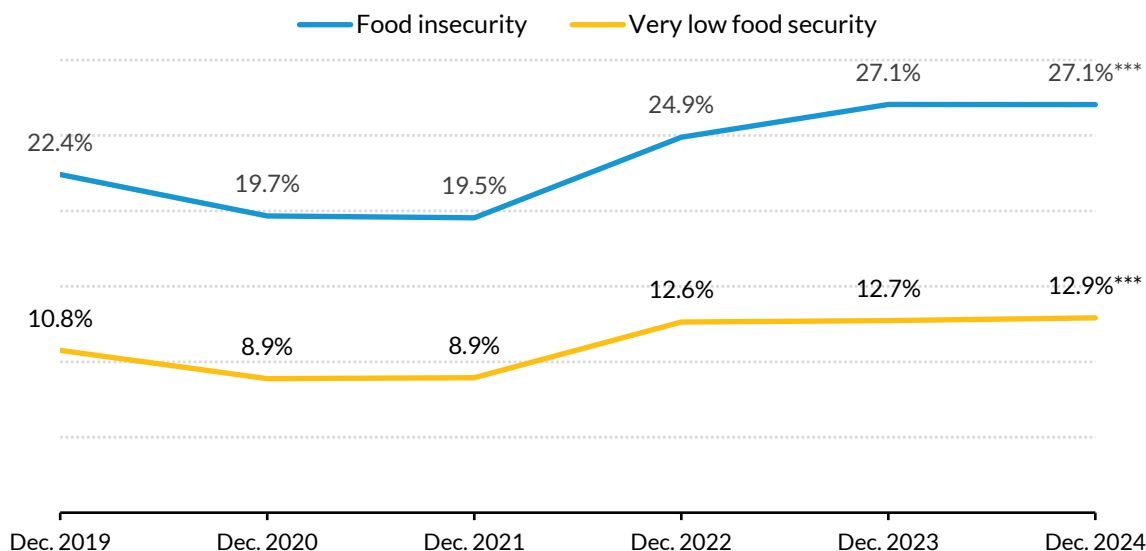
Trends in Food Insecurity, 2019–24

Food Insecurity among All Nonelderly Adults

More than one in four adults reported food insecurity in 2024, unchanged from 2023. The share of adults ages 18 to 64 reporting household food insecurity in the last 12 months remained elevated in December 2024 at 27.1 percent and was unchanged from December 2023 (figure 1). This rate is higher than in 2019 (22.4 percent), prior to the onset of the COVID-19 pandemic. Though food insecurity declined in the first two years of the pandemic following significant federal aid to households, it began rising sharply in 2022 as aid expired and food prices increased (Martinchek et al. 2023). The WBNS data show that food hardship has plateaued at a high rate.

FIGURE 1

Share of Adults Ages 18 to 64 Reporting Household Food Insecurity in the Last 12 Months, December 2019 to December 2024



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Source: Well-Being and Basic Needs Survey, December 2019 to December 2024.

Notes: Estimates are regression adjusted and therefore may differ slightly from estimates published in previous reports. No estimates for Dec. 2024 differed significantly from estimates for Dec. 2023.

*/**/** Dec. 2024 estimate differs significantly from Dec. 2019 at the 0.10/0.05/0.01 level, using two-tailed tests.

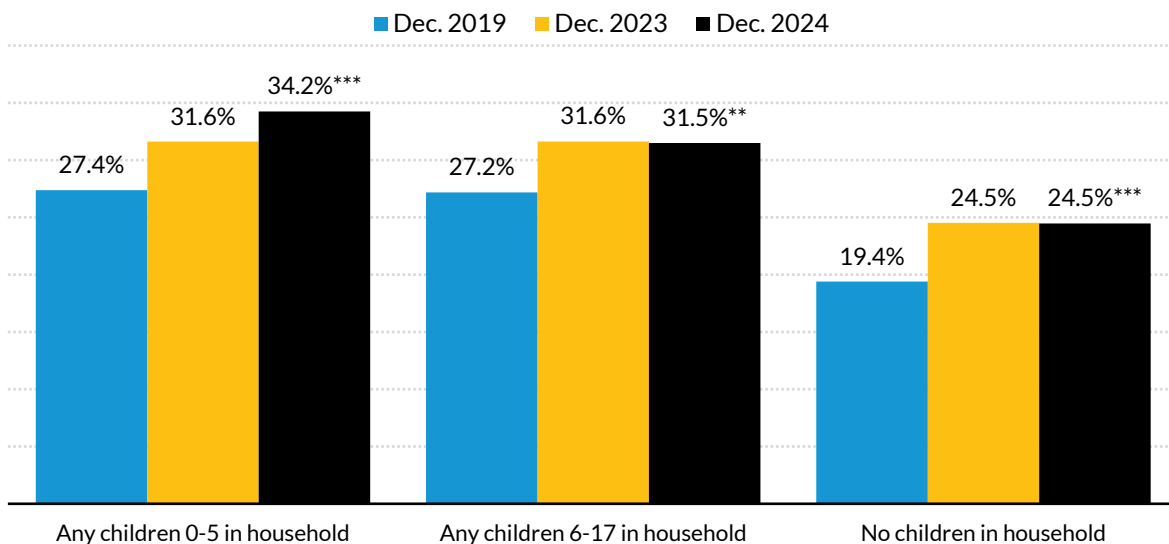
Similarly, rates of very low food security were unchanged between 2023 and 2024. Very low food security represents the most severe form of food hardship in which household members experience multiple indications of disrupted eating patterns, such as skipping meals or going without food for a whole day.⁹ Roughly one in eight adults (12.9 percent) reported very low food insecurity in December 2024.

Food Insecurity by Presence of Children in the Household

About one in three adults living with children reported food insecurity in 2024. Rates of food insecurity historically have been higher than average among households with children (Rabbitt et al. 2024). In 2024, more than one in three adults living with children from birth to age 5 (34.2 percent) reported food insecurity (figure 2). This share was not statistically different from the share reported in 2023 (31.6 percent) but represented an increase since 2019 (27.4 percent). Similarly, 31.5 percent of adults in households with school-aged children ages 6 to 17 reported food insecurity in 2024, roughly the same level as 2023 but higher than 2019 (27.2 percent). Adults living with children in both age groups reported higher rates of food insecurity than adults in households without children (24.5 percent) in 2024 and earlier years.

FIGURE 2

Share of Adults Ages 18 to 64 Reporting Household Food Insecurity in the Last 12 Months, by Age of Children in the Household, December 2019 to December 2024



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Source: Well-Being and Basic Needs Survey, December 2019 to December 2024.

Notes: Estimates are regression adjusted; estimates for adults who were not living with children therefore may differ slightly from those published in previous reports. The categories for adults living with children 0-5 and with children 6-17 are not mutually exclusive, since respondents could be living with children in both age groups. No estimates for Dec. 2024 differed significantly from estimates for Dec. 2023.

*/**/** Dec. 2024 estimate differs significantly from Dec. 2019 at the 0.10/0.05/0.01 level, using two-tailed tests.

Food Insecurity by Selected Characteristics in 2024

Adults who are Black, Hispanic/Latinx, LGBT, or disabled reported food insecurity in 2024 at

disproportionately high rates. Although food insecurity affects people of all backgrounds in communities across the US, some groups—including Black, Hispanic/Latinx, LGBT, and disabled populations—are at disproportionate risk of experiencing food hardship and being affected by proposed SNAP cuts. These populations tend to face high food insecurity rates (Gupta et al. 2024; Hales 2022), often due to structural barriers that limit economic opportunities, such as overrepresentation in employment in low-wage jobs and discrimination when seeking employment, as well as the impacts of structural racism (Casey et al. 2019; Gonzalez et al. 2024; Odoms-Young and Bruce 2018). Moreover, many Black, Hispanic/Latinx, disabled, and LGBT people participate in SNAP (CBPP 2024).

Figure 3 shows that these groups reported high rates of food insecurity in 2024. Over one in three Hispanic/Latinx adults (34.6 percent) and almost two in five Black adults (38.6 percent) reported food insecurity, compared with 22.9 percent of white adults and 10.7 percent of Asian adults. Adults of additional races, including those who are American Indian or Alaska Native, Native Hawaiian or other Pacific Islander, another race, or more than one race, also reported high rates of food insecurity (40.1

percent). While we cannot disaggregate this data further because of sample size limitations, previous research has found high rates of food insecurity among Native Americans and Native Hawaiian and Pacific Islanders (Long et al. 2020; Nikolaus et al. 2022).

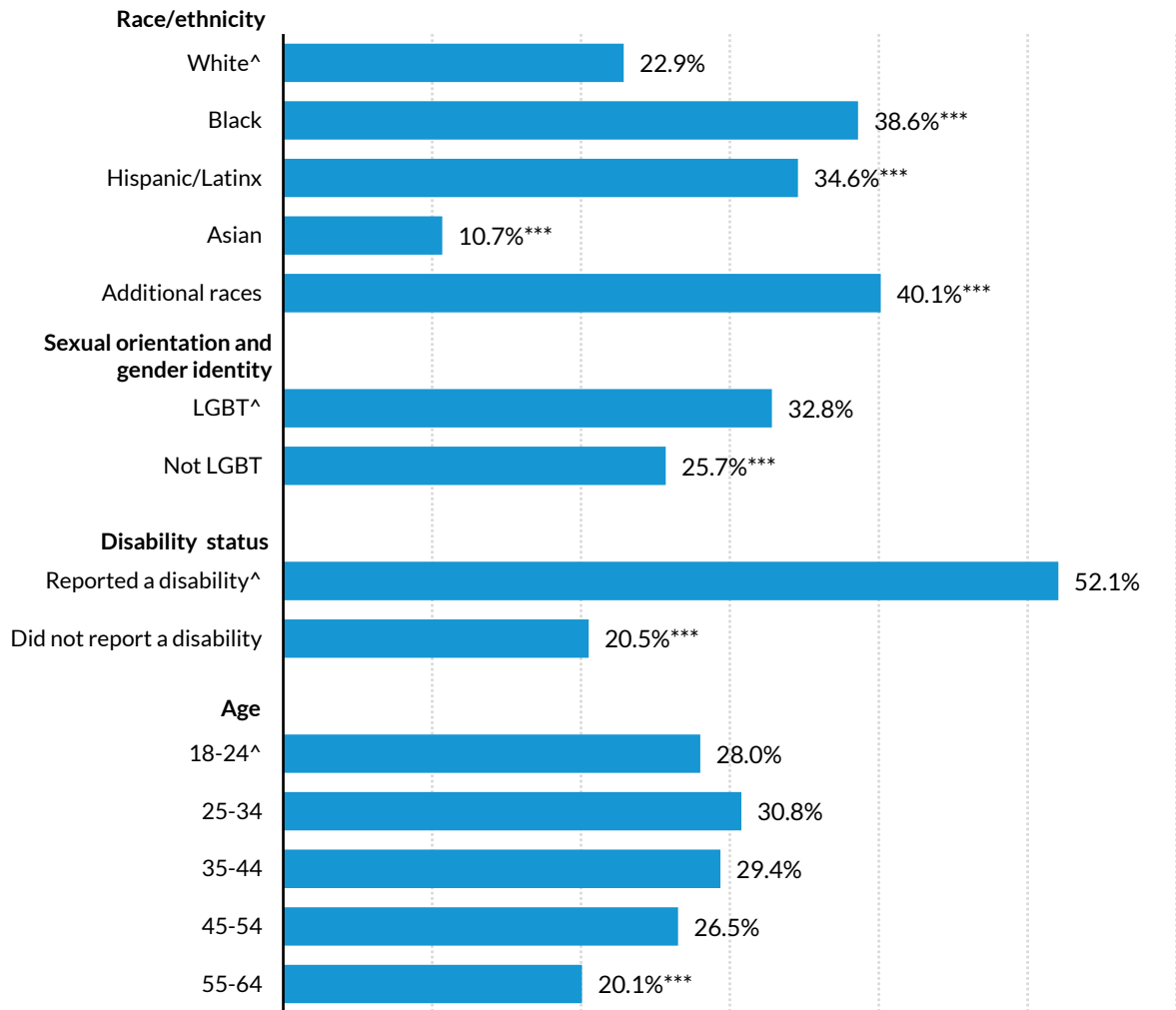
Almost one in three (32.8 percent) LGBT adults reported food insecurity, compared with one in four (25.7 percent) non-LGBT adults. Emerging evidence suggests higher rates of food hardship among LGBT adults may be associated with higher rates of experiencing discrimination (Casey et al. 2019; Conron et al. 2022; Sharareh et al. 2023).

More than half (52.1 percent) of disabled adults reported food insecurity, more than double the share reported by adults who are not disabled (20.5 percent). These findings are consistent with prior literature showing high rates of food insecurity among people with disabilities (Hales 2022), who face economic barriers that may include a limited ability to work, hiring discrimination, receipt of subminimum wages,¹⁰ inaccessibility of SNAP benefits,¹¹ and higher expenses related to health care and other health services, all of which can reduce the ability to afford sufficient food (Coleman-Jensen and Nord 2013).

Recent Congressional proposals would expand SNAP work requirements to adults ages 55 to 64 who are not living with dependent children. Currently, adults ages 18 to 54 without dependents are required to work or participate in a work program for at least 80 hours per month; those who do not satisfy this work requirement are limited to three months of SNAP benefits over a three-year period.¹² Though adults ages 55 to 64 experienced food insecurity in 2024 at a lower rate than younger adults, one in five (20.1 percent) reported food insecurity, and the loss of SNAP for some adults in this age group could increase their risk of food hardship.

FIGURE 3

Share of Adults Ages 18 to 64 Reporting Household Food Insecurity in the Last 12 Months, by Selected Demographic Characteristics, December 2024



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Source: Well-Being and Basic Needs Survey, December 2024.

Notes: Adults who are white, Black, Asian, or additional races refer to those who are not Hispanic/Latinx. Adults who are additional races are American Indian or Alaska Native, Native Hawaiian or other Pacific Islander, another race, or more than one race. LGBT refers to adults who identify as lesbian, gay, bisexual, transgender, or nonbinary. Disability status is based on functional limitations that include difficulties with vision, hearing, mobility, cognition, self-care, independent living, and communication.

*/**/** Estimate differs significantly from reference group (^) at the 0.10/0.05/0.01 level, using two-tailed tests.

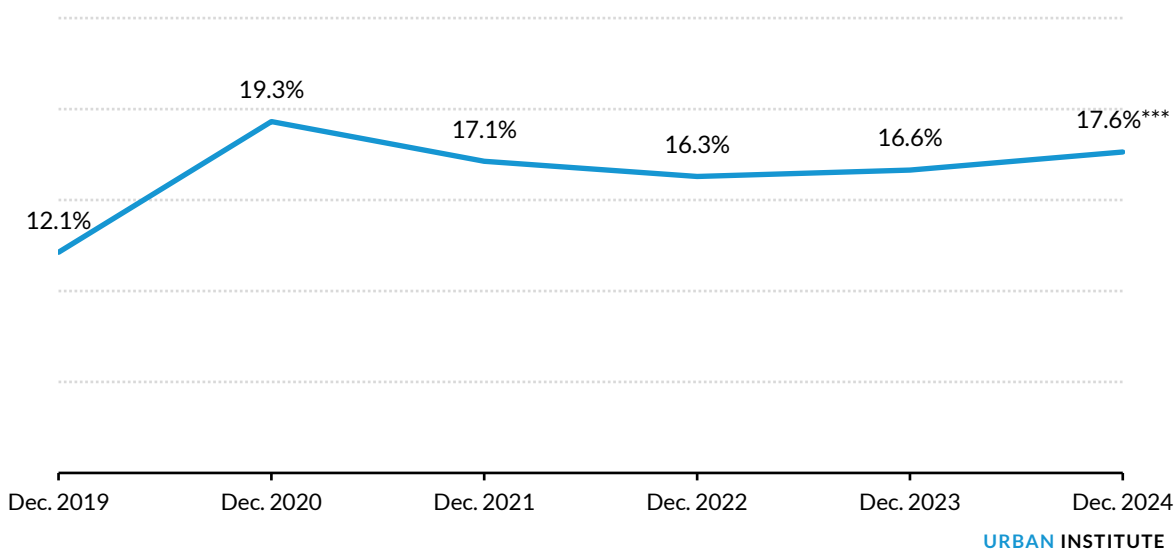
Trends in Charitable Food Receipt, 2019–24

This section examines reported household receipt of charitable food in the last 12 months, which includes the receipt of free groceries or free meals.

Receipt of Charitable Food Assistance among All Nonelderly Adults

More than one in six adults reported household receipt of free groceries or meals in 2024, reflecting persistently high demand for charitable assistance. The share of adults reporting household receipt of charitable food has been elevated since the start of the pandemic, a time in which households experienced rapid changes in the labor market, inflation, and access to federal assistance. In December 2024, 17.6 percent of adults reported that their households received free groceries or free meals in the last 12 months. Though this share was higher than the share reported in 2023 (16.6 percent), the change between 2023 and 2024 was not statistically significant. Receipt of charitable food was down from its peak of 19.3 percent in 2020 at the height of the pandemic but remained well above the pre-pandemic level observed in 2019 (12.1 percent). Reported household receipt of charitable food assistance has been at least 4 percentage points higher than the level observed in 2019 for each of the past five years (figure 4).

FIGURE 4
Share of Adults Ages 18 to 64 Reporting Household Receipt of Charitable Food in the Last 12 Months, December 2019 to December 2024



Sources: Well-Being and Basic Needs Survey, December 2019 to December 2024.

Note: Estimates are regression adjusted and therefore may differ slightly from estimates published in previous reports. Estimate for Dec. 2024 did not differ significantly from estimate for Dec. 2023.

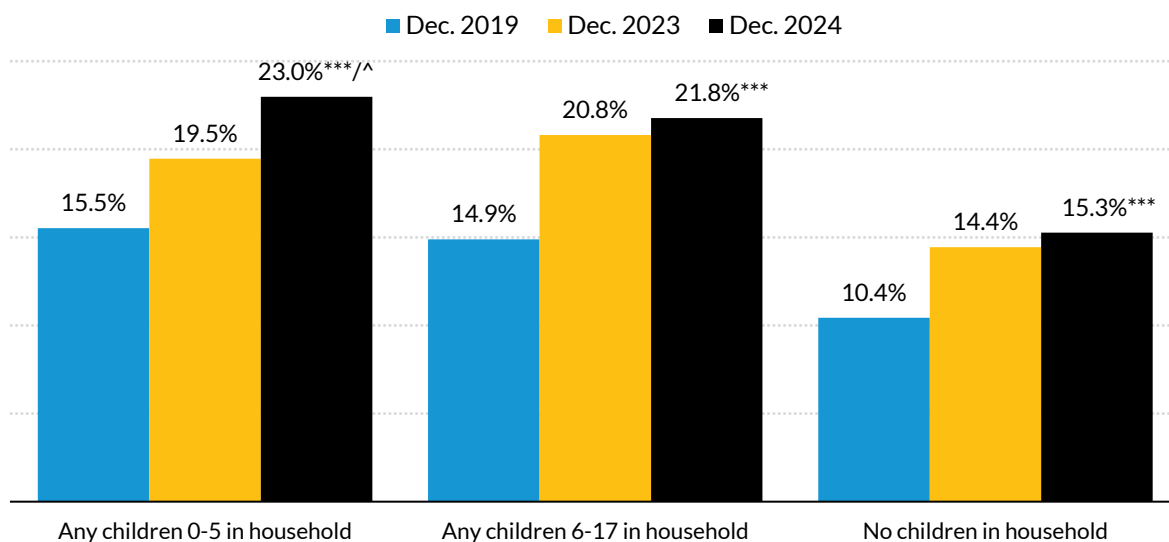
*/**/*** Dec. 2024 estimate differs significantly from Dec. 2019 at the 0.10/0.05/0.01 level, using two-tailed tests.

Receipt of Charitable Food Assistance by Presence of Children in the Household

More than one in five adults living with children reported receipt of charitable food in 2024, compared with less than one in six households without children. In December 2024, adults living with children under 18 reported higher rates of charitable food receipt than adults in households without children (figure 5). More than 1 in 5 (23.0 percent) adults in households with young children from birth to age 5 reported receiving charitable food in 2024, as did 21.8 percent of adults living with school-age children ages 6 to 17. In comparison, less than 1 in 6 (15.3 percent) adults in households without children reported receiving charitable food in 2024. All three of these groups reported substantial increases in charitable food receipt since 2019.

FIGURE 5

Share of Adults Ages 18 to 64 Reporting Household Receipt of Charitable Food in the Last 12 Months, by Age of Children in the Household, December 2019 to December 2023



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Sources: Well-Being and Basic Needs Survey, December 2019 to December 2024.

Note: Estimates are regression adjusted; estimates for adults who were not living with children therefore may differ slightly from those published in previous reports. The categories for adults living with children 0–5 and with children 6–17 are not mutually exclusive, since respondents could be living with children in both age groups.

*/**/*** Dec. 2024 estimate differs significantly from Dec. 2019 at the 0.10/0.05/0.01 level, using two-tailed tests.

^/^/^ Dec. 2024 estimate differs significantly from Dec. 2023 at the 0.10/0.05/0.01 level, using two-tailed tests.

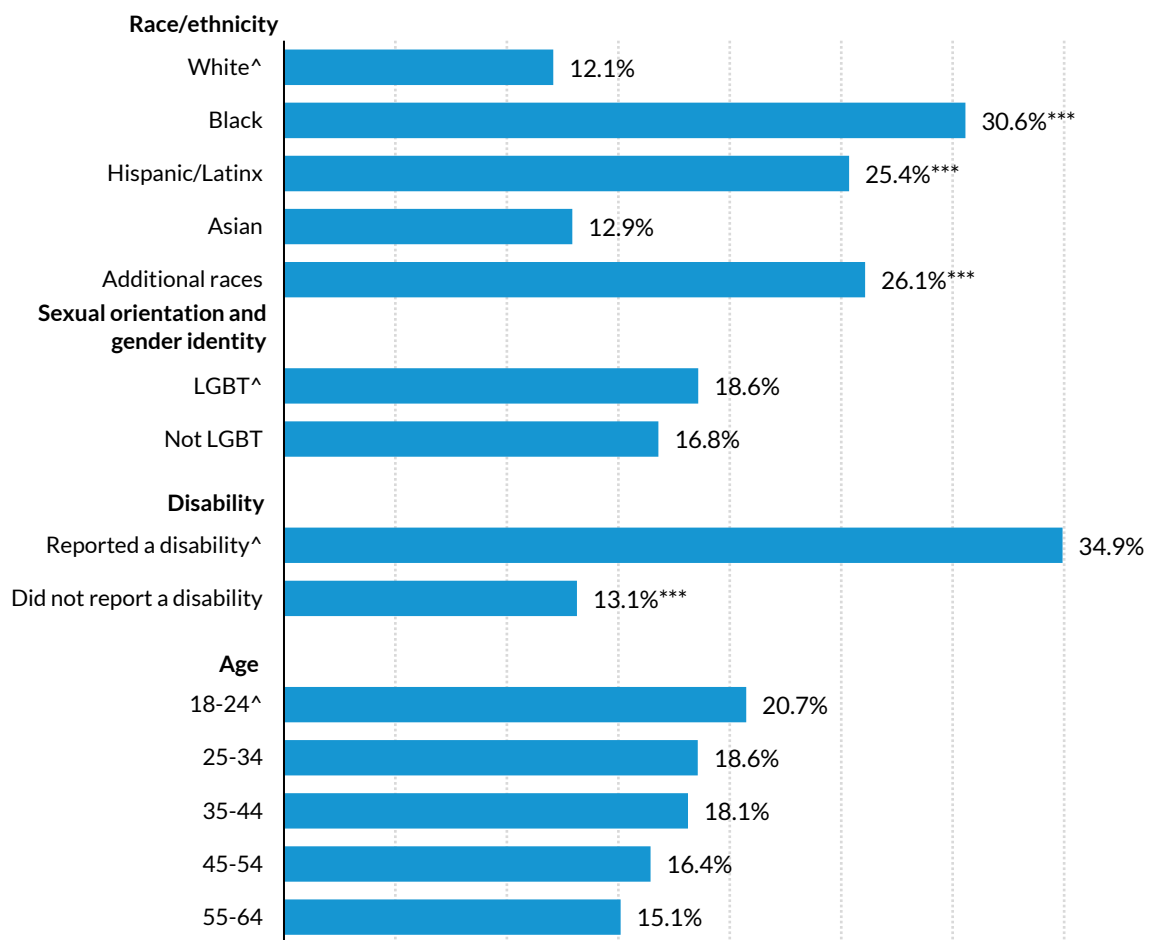
Receipt of Charitable Food Assistance by Selected Characteristics in 2024

Groups that disproportionately experienced food insecurity in 2024 also reported high rates of charitable food receipt. In 2024, 30.6 percent of Black adults and 25.4 percent of Hispanic/Latinx adults reported receiving charitable food, compared with 12.1 percent of white adults, 12.9 percent of Asian adults, and 26.1 percent of adults of additional races or more than one race (figure 6). We did not observe a

statistically significant difference in charitable food receipt between LGBT (18.6 percent) and non-LGBT adults (16.8 percent). Adults with a disability reported charitable food receipt at nearly three times the rate as that of adults without a disability (34.9 percent versus 13.1 percent).

FIGURE 6

Share of Adults Ages 18 to 64 Reporting Household Receipt of Charitable Food in the Last 12 Months, by Selected Demographic Characteristics, December 2024



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Source: Well-Being and Basic Needs Survey, December 2024.

Notes: Adults who are white, Black, Asian, or additional races refer to those who are not Hispanic/Latinx. Adults who are additional races are American Indian or Alaska Native, Native Hawaiian or other Pacific Islander, another race, or more than one race. LGBT refers to adults who identify as lesbian, gay, bisexual, transgender, or nonbinary. Disability status is based on functional limitations that include difficulties with vision, hearing, mobility, cognition, self-care, independent living, and communication.

*/**/** Estimate differs significantly from reference group (^) at the 0.10/0.05/0.01 level, using two-tailed tests.

Implications for Safety Net Changes in 2025

Overall, we find that household food insecurity and receipt of charitable food plateaued at high levels in 2024 based on our analysis of 2019–24 data from the Urban Institute’s WBNS. Challenges affording food and receipt of charitable support were particularly high among families with children. Additional populations experiencing high rates of food insecurity included adults who are Black, Hispanic/Latinx, LGBT, or disabled, consistent with findings from previous studies (Conron, Guardado, and O’Neill 2022; Hales 2022; Odoms-Young and Bruce 2018; Rabbitt et al. 2024).

Elevated food hardship in 2024 indicates that despite slowing inflation and low unemployment, many families are still struggling to put food on the table. This may be attributed, at least in part, to the cumulative effects of inflation coinciding with the effects of losing pandemic-era federal aid, which played a key role in supporting families’ food budgets.

Proposed cuts to SNAP and other federal nutrition programs of up to \$230 billion in the recent House budget resolution¹³ could exacerbate these challenges, particularly for families with children. One of the proposed SNAP changes would expand work requirements to more adults, including those living with school-aged children, affecting more than 3 million adults (primarily parents and grandparents) and 4 million children ages 7 to 17 (Bergh, Rosenbaum, and Nchako 2025). Another proposal to make SNAP “cost neutral” and remove USDA’s authority to update the benefit amount is expected to decrease benefits for all households that receive SNAP, including the roughly 17 million children that receive the benefit, starting in 2027 (Bergh, Llobrera, and Rosenbaum 2024). Further, proposals targeting cuts to food and nutrition programs beyond SNAP include making free and reduced-price school meals more difficult to access by imposing burdensome application requirements and reducing eligibility.¹⁴ Reduced access to SNAP and other food programs would likely worsen food insecurity, which is associated with adverse physical and mental health outcomes, both in the short and long term, for children and adults (Gundersen and Ziliak 2015).

The WBNS data also show that more than half of adults with disabilities experienced food insecurity in 2024. Disabled adults have long faced high rates of poverty and material hardship, barriers to employment, and inadequate safety net supports for those who are unable to work (She and Livermore 2007). Daily expenses related to health care, therapies, adaptive equipment like wheelchairs, and other expenses associated with disability can also exacerbate pressures on household budgets and the ability to afford food (Coleman-Jensen and Nord, 2013).

Beyond impacts at the individual level, reducing SNAP benefits will shift the burden of providing food assistance to state and local governments, as well as the charitable food system. This will place further strain on food banks, food pantries, and other organizations providing charitable support. The charitable food sector continues to be a critical support to families but would struggle to meet increased demand resulting from cuts to federal food programs, including those that supply food to food banks and their partners.

Data and Methods

This brief draws on data from nationally representative samples of adults ages 18 to 64 who participated in the 2019–24 rounds of the Urban Institute’s WBNS. The WBNS is an internet-based survey designed to monitor changes in individual and family well-being as policymakers consider changes to federal safety-net programs. It is fielded annually in December, with more than 7,500 adults participating in each survey round. For each round of the WBNS, we draw a stratified random sample (including a large oversample of adults in low-income households) from the KnowledgePanel, a probability-based Internet panel maintained by Ipsos that includes households with and without internet access. Survey weights adjust for unequal selection probabilities and are poststratified to the characteristics of nonelderly adults based on benchmarks from the Current Population Survey and American Community Survey. Participants can complete the survey in English or Spanish. For further information on the survey design and content, see Karpman, Zuckerman, and Gonzalez (2018).¹⁵

We estimated changes between December 2019 and December 2024 in the share of adults reporting that their households experienced food insecurity in the last 12 months and the share whose households received charitable food in the last 12 months, overall and by presence of children under age 18 in the household. Charitable food estimates for 2019 are limited to the randomly selected half of the 2019 survey sample (3,863 adults) who received charitable food questions consistent with those asked between 2020 and 2024. The remaining half of the 2019 sample (3,831 adults) were asked charitable food questions that had been used in the Current Population Survey Food Security Supplement before 2022; we exclude this group when estimating charitable food receipt in 2019 for this brief.

Estimated changes between 2019 and 2024 are regression adjusted to control for any changes in the demographic and socioeconomic characteristics of the adults participating in each survey round not fully captured in the survey weights. We control for a respondent’s gender, age, race and ethnicity, primary language, educational attainment, family size, family income, residence in an urban or rural area, internet access, homeownership status, family composition, and census region; the presence of children under age 19 in the respondent’s household; whether the respondent participated in multiple survey rounds; and how long the respondent has been a member of the KnowledgePanel. In presenting the regression-adjusted estimates, we use the predicted rate of each outcome each year for the same nationally representative population. For this analysis, we base the nationally representative sample on respondents to the 2023 and 2024 survey rounds. Because of this regression adjustment, estimated rates of food insecurity and charitable food receipt in this brief differ slightly from estimates reported in previous briefs. In addition to the regression-adjusted estimates of changes over time, we report unadjusted estimates of household food insecurity and charitable food receipt in 2024 by race/ethnicity, sexual orientation and gender identity, disability, and age.

The WBNS has several limitations, including a low cumulative response rate, and the survey weights and regression adjustment mitigate but do not eliminate potential nonresponse bias. However, studies assessing recruitment for the KnowledgePanel have found little evidence of nonresponse bias for core

demographic and socioeconomic measures (Garrett, Dennis, and DiSogra 2010; Heeren et al. 2008), and WBNS estimates are generally consistent with benchmarks from federal surveys (Karpman, Zuckerman, and Gonzalez 2018). The sampling frame for the WBNS also excludes or underrepresents certain groups of adults, including those experiencing homelessness, those who have low literacy levels, and those who are not proficient in English or Spanish. Additionally, there may be measurement error in self-reported household food security and charitable food receipt.

Estimated trends in household food insecurity among adults ages 18 to 64 observed in the WBNS are consistent with trends found in federal surveys, including the Current Population Survey Food Security Supplement (CPS-FSS) and the National Health Interview Survey (NHIS; Gupta et al. 2024). The designs of these federal surveys differ in several ways from the WBNS. For instance, though both the WBNS and CPS-FSS are fielded annually in December and include the questions in the six-item short form of the USDA Household Food Security Survey Module with a 12-month reference period, the CPS-FSS screens out households with incomes above 185 percent of the federal poverty level from receiving the food security module if they did not report difficulty getting food in earlier questions. The NHIS is fielded continuously throughout the year and estimates are based on the 10-item USDA Adult Food Security Survey Module with a 30-day reference period. Though measurement approaches vary, all three surveys have found increasing rates of food insecurity between 2021 and 2023 (Gupta et al. 2024; Rabbitt et al. 2024).¹⁶

The higher prevalence of food insecurity observed in the WBNS likely reflects differences in survey design and administration. Previous studies have found that people are more likely to report food hardship in self-administered internet surveys like the WBNS than in surveys conducted by an interviewer. For instance, in a 2014 experiment conducted by the Pew Research Center, respondents who were randomly assigned to complete a self-administered online survey were significantly more likely to report not having enough money to buy food than those assigned to a telephone survey with an interviewer (Keeter 2015). Similarly, a USDA analysis of the Census Bureau's internet-based Household Pulse Survey has found higher rates of food insufficiency relative to estimates from the CPS-FSS (Coleman-Jensen et al. 2021). These differences in reporting hardship may be partially driven by social desirability bias, in which respondents are reluctant to report socially undesirable circumstances when an interviewer is present. Others have noted that further research is needed to understand how differences in response rates, sampling frames, survey mode, and other aspects of survey design affect differences in estimates between surveys.¹⁷

Notes

- ¹ Jordan W. Jones, “Supplemental Nutrition Assistance Program (SNAP) – Key Statistics and Research,” January 6, 2025, <https://www.ers.usda.gov/topics/food-nutrition-assistance/supplemental-nutrition-assistance-program-snap/key-statistics-and-research>.
- ² We use the term “Hispanic/Latinx” throughout this brief to reflect the different ways in which people self-identify. The US Census Bureau uses the term “Hispanic.” For this brief, adults who are white, Black, Asian, or additional races refer to those who are not Hispanic/Latinx.
- ³ We use the term LGBT throughout this brief to reflect the way respondents reported their sexual orientation and gender identity when completing a demographic profile survey upon joining the Ipsos KnowledgePanel. Our definition of LGBT adults includes respondents who reported they were lesbian, gay, bisexual, transgender, or nonbinary. We do not have data on whether respondents identify as queer or prefer other terms for their sexual orientation or gender identity.
- ⁴ Our estimate of household food insecurity is based on the six-item short form of the USDA’s Household Food Security Survey Module and uses a 12-month reference period. Respondents with two to four affirmative responses are defined as having *low household food security*, and respondents with five to six affirmative responses are defined as having *very low household food security*. These groups are jointly defined as *food insecure*. Respondents with one affirmative response are defined as having *marginal food security*. Affirmative responses include reporting that it was often or sometimes true that the food the household bought did not last, and the household did not have money to get more; it was often or sometimes true that the household could not afford to eat balanced meals; adults in the household ever cut the size of meals or skipped meals because there was not enough money for food; meals were cut or skipped almost every month, or some months but not every month; the respondent ate less than they felt they should because there was not enough money for food; and the respondent was ever hungry but did not eat because there was not enough money for food.
- ⁵ Victoria Davidenko and Megan Sweitzer, “US Food Prices Rose by 23.6 Percent from 2020 to 2024,” USDA Economic Research Service, February 14, 2025, <https://www.ers.usda.gov/data-products/chart-gallery/chart-detail?chartId=58350>.
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- ⁶ “Consumer Price Index – January 2025,” Bureau of Labor Statistics, February 12, 2025, <https://www.bls.gov/news.release/pdf/cpi.pdf>.
- ⁷ “USDA Food Plans,” USDA Food and Nutrition Service, accessed February 20, 2025, <https://www.fns.usda.gov/research/cnpp/usda-food-plans>.
- ⁸ “Broad-Based Categorical Eligibility (BBCE),” US Department of Agriculture, updated October 1, 2024, <https://www.fns.usda.gov/snap/broad-based-categorical-eligibility>.
- ⁹ “Definitions of Food Security,” USDA Economic Research Service, USDA, accessed February 25, 2025, <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security>.
- ¹⁰ Susan J. Popkin, Elaine Waxman, Marokey Sawo, Alexis Weaver, and Dana Ferrante, “Public Comment on the Employment of Workers with Disabilities under Section 14(c) of the Fair Labor Standards Act,” Urban Institute Public Comment, January 21, 2025, <https://www.urban.org/research/publication/public-comment-employment-workers-disabilities-under-section-14c-fair-labor>.
- ¹¹ Ashley Burnside, “SNAP Time Limits Can Reduce Access for Disabled People,” CLASP, April 25, 2023, <https://www.clasp.org/blog/snap-time-limits-can-reduce-access-for-disabled-people/>.
- ¹² “SNAP Work Requirements,” USDA Food and Nutrition Service, accessed February 20, 2025, <https://www.fns.usda.gov/snap/work-requirements>.

- ¹³ Kaia Hubbard and Caitlin Yilek, “What’s in the House GOP’s budget resolution? Here’s what to know about the plan,” CBS News, February 26, 2025, <https://www.cbsnews.com/news/house-budget-resolution-republicans/>.
- ¹⁴ “Ways and Means Committee Reconciliation Options 2025,” Ways and Means Committee, accessed March 4, 2025, <https://frac.org/wp-content/uploads/Reconciliation-Options-2025.pdf>.
- ¹⁵ The WBNS instruments are available at <https://www.urban.org/policy-centers/health-policy-center/projects/well-being-and-basic-needs-survey>.
- ¹⁶ NHIS estimates are based on authors’ analysis of 2019–23 public use data and are available upon request.
- ¹⁷ “Definitions of Food Security,” USDA Economic Research Service, USDA, accessed February 25, 2025, <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/definitions-of-food-security>.

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