

Since the recession, reaching over 3 million food shelf visits in a year has become the new normal for the emergency food system. 2018 marks the 8th consecutive year with over 3 million visits.

Adults, children, and seniors made 3,424,406 visits to food shelves in 2018 -- a new record high.

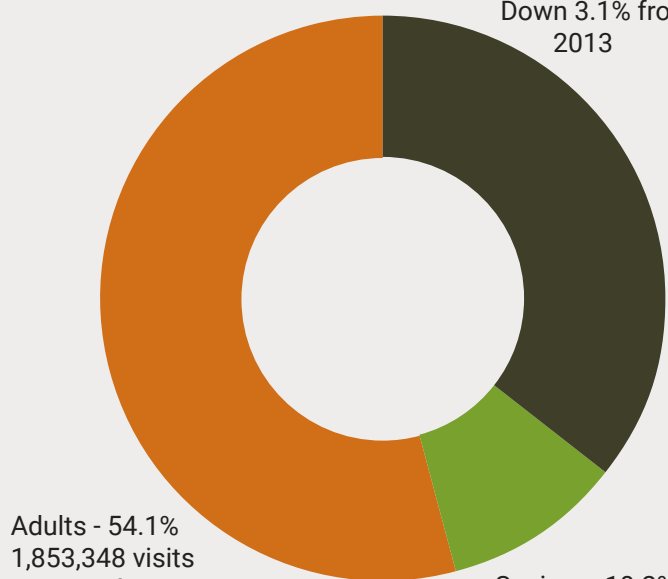
Last year, Minnesotans made
3,424,406 visits
to food shelves.

2018 marks the 8th consecutive year
with over 3 million food shelf visits.



Food Shelf Visits by Age, 2018

Children - 35.7%
1,222,671 visits
Down 3.1% from
2013

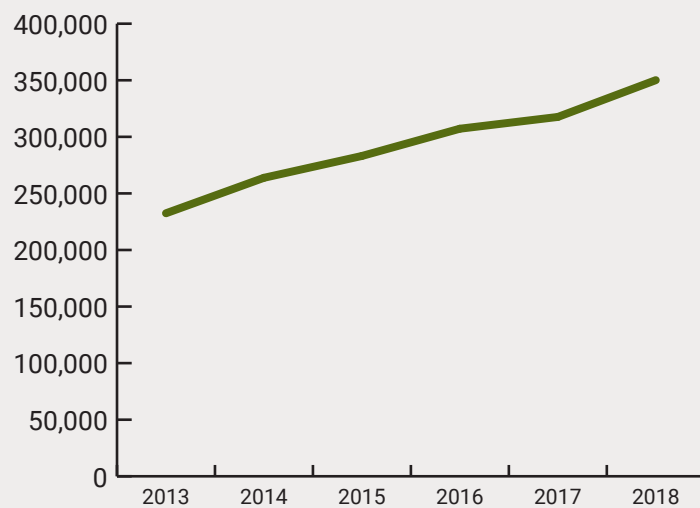


Adults - 54.1%
1,853,348 visits
Up 8.0% from 2013

Seniors - 10.2%
349,387 visits
Up 50.3% from 2013

Food Shelf Visits by Seniors, 2012-2018

Seniors (adults 65 years and older) are the fastest growing group of food shelf users. From 2013 to 2018, the number of food shelf visits by seniors rose 50.3%.



Source: Food shelf reports to MN DHS. Analysis by Hunger Solutions.

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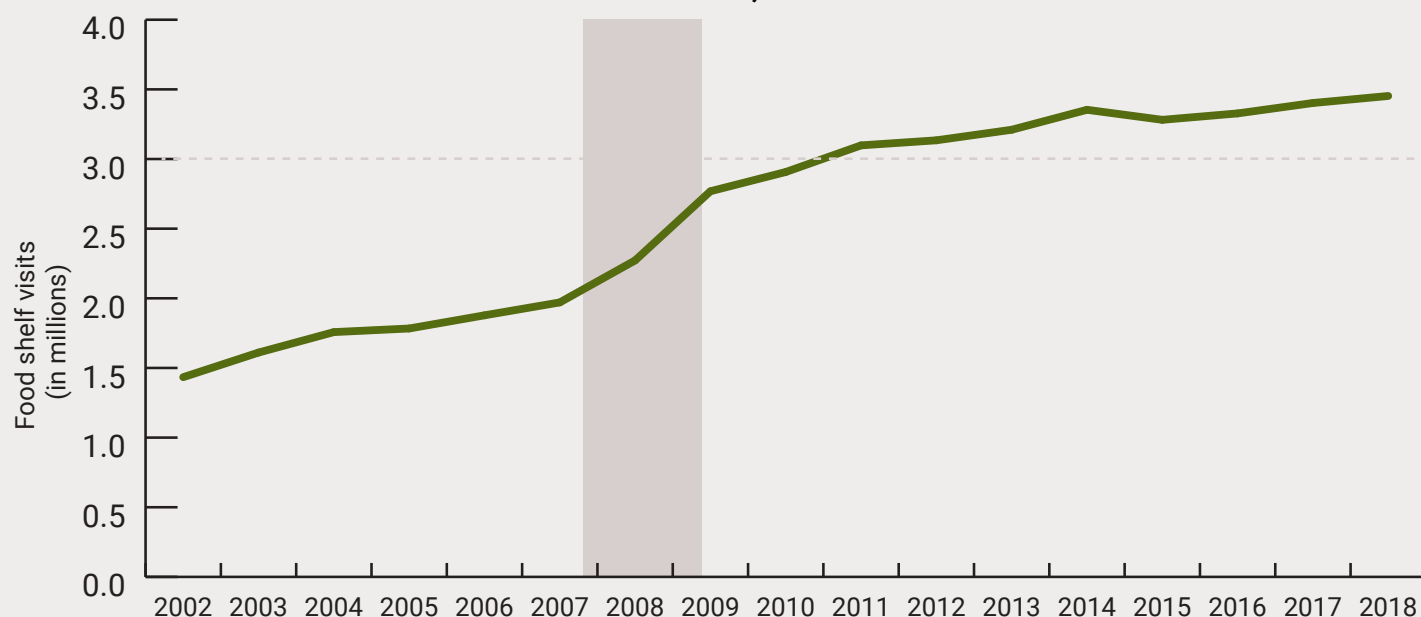
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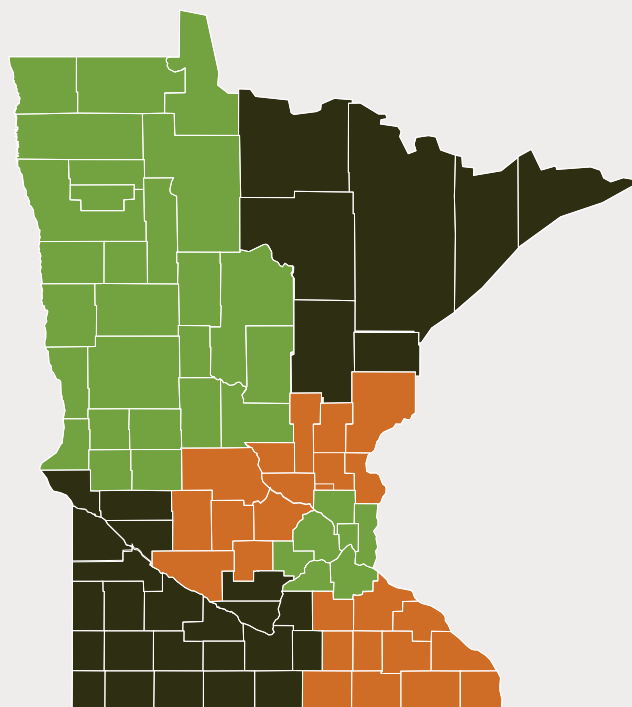
A record high number of visits

Three million visits per year has long been a “new normal” for Minnesota’s food shelves. During the recession, the number of food shelf visits rose as more households struggled to make ends meet. Yet in the years since, food shelf visits have stayed high—suggesting that not everyone had shared equally in the economic recovery or in Minnesota’s economic prosperity. This year’s 3.42 million visits marks a record high, a full decade after the recession.

Food shelf visits, 2002-2018



Source: Food shelf reports to MN DHS. Analysis by Hunger Solutions Minnesota.



Food shelf visits by region, 2018

| | % total visits 2018 | % of population |
|---------|------------------------|--------------------|
| Central | 11.3% | 13.7% |
| Metro | 55.6% | 52.6% |
| NE | 6.1% | 6.1% |
| NW | 9.2% | 10.1% |
| SE | 10.1% | 9.1% |
| SW | 7.6% | 8.5% |

The number of food shelf visits in each region of the state roughly follow the percentage of the population that lives there. It doesn't matter if you live in a rural area, a small town, or urban area - hunger is distributed evenly throughout the state.

Sources: Food shelf reports to MN DHS. Analysis by Hunger Solutions U.S. Census Bureau, Population Division. Annual Estimates of the Resident Population, 2017.