

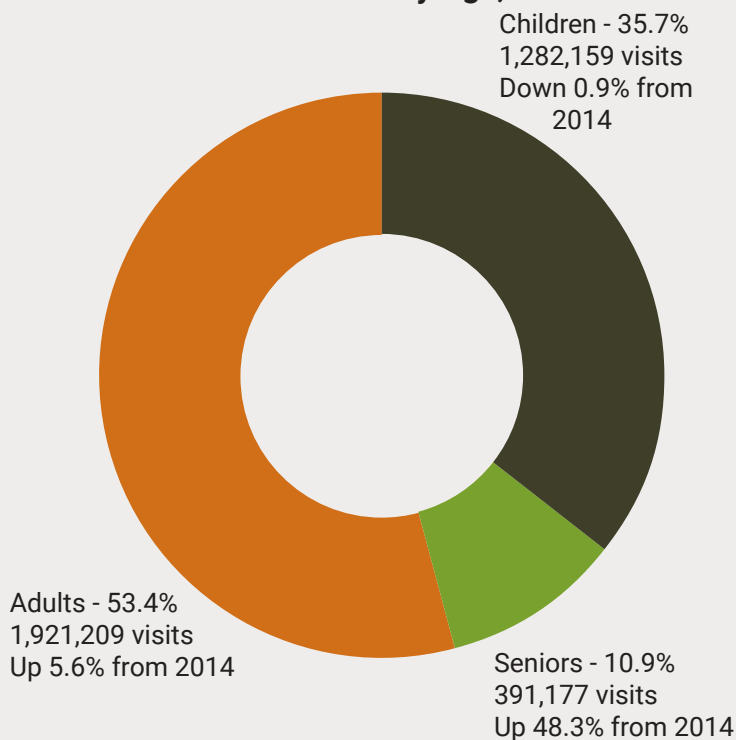
Since the recession, reaching over 3 million food shelf visits in a year has become the new normal for the emergency food system. 2019 marks the 9th consecutive year with over 3 million visits. Adults, children, and seniors made 3,594,545 visits to food shelves in 2019 -- a new record high.

Last year, Minnesotans made
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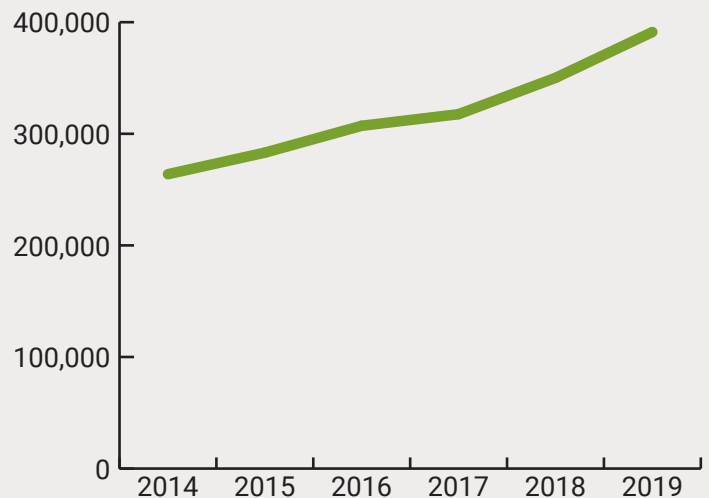


Food Shelf Visits by Age, 2019



Food Shelf Visits by Seniors, 2014-2019

Seniors (adults 65 years and older) are the fastest growing group of food shelf users. From 2014 to 2019, the number of food shelf visits by seniors rose 48.3%.

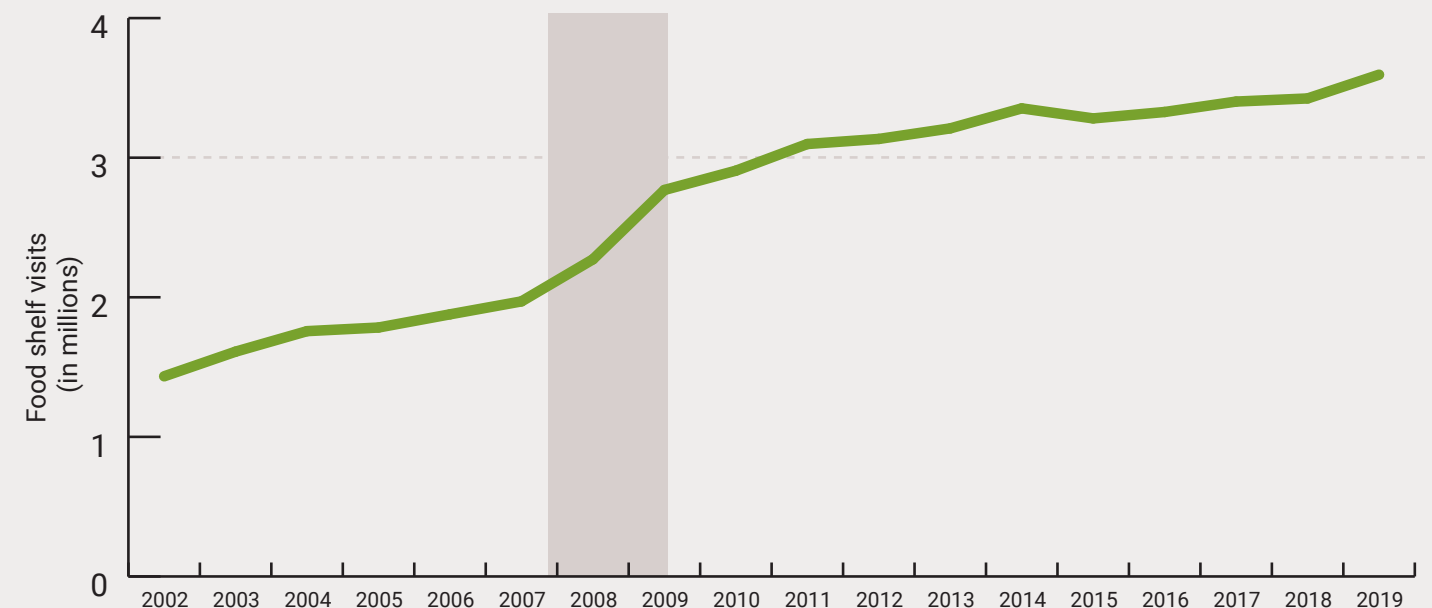


Source: Food shelf reports to MN DHS. Analysis by Hunger Solutions.

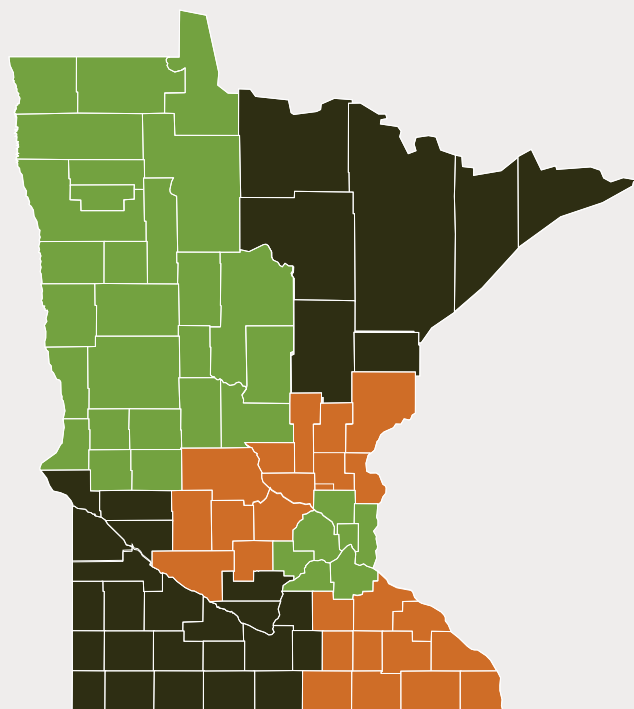
A record high number of visits

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 3.59 million visits marks a record high, a full decade after the recession.

Food shelf visits, 2002-2019



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



Food shelf visits by region, 2019

	% total visits 2019	% of population
Central	10.8%	12.8%
Metro	57.3%	55.2%
NE	5.6%	5.8%
NW	8.8%	10.1%
SE	10.1%	9.1%
SW	7.3%	7.0%

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, 2018.