

Food Insecurity in 2024:

Notable Research Findings from the USDA's Latest Food Security Report

On Tuesday, December 30, 2025, the U.S. Department of Agriculture (USDA) released [Household Food Security in the United States in 2024](#), based upon data collected through the Current Population Survey (CPS) in December 2024. Based on [the USDA's announcement in September 2025](#), this will be the final release in the study's series.¹

As in prior years, the release includes a main report (focused on household food security, food expenditures, and use of Federal food and nutrition assistance programs) and a statistical supplement (that includes additional statistics such as individual-level data). Together, the two reports provide data about different populations and household types, including by age, select racial/ethnic groups, geography, household income, and other household characteristics.

Food security is the household-level economic and social condition of having access by all people at all times to enough food for an active, healthy life.

What does the latest USDA report show?

The report reveals that following two years of significant increases, overall food insecurity levels in the United States did not change significantly but remain stubbornly high in 2024, with an estimated 48 million people (14.4% or 1 in 7) living in food-insecure households. This included approximately 14 million children (19.5% or 1 in 5). The rates among all individuals and children continue to be the highest since 2014, and significantly higher (+38% for all individuals and +52% for children) compared to 2021.²

Below is new messaging and old messaging for the findings about all individuals and children.

	New Messaging (2024 data)	Old Messaging (2023 data)
Individuals	[In 2024,] (Nearly) 48 million individuals were living in food insecure households (47.9 million)	[In 2023,] (Over) 47 million individuals were living in food insecure households (47.4 million)
	[In 2024,] 1 in 7 individuals was at risk of hunger (14.4%)	[In 2023,] 1 in 7 individuals was at risk of hunger (14.3%)
Children	[In 2024,] (Approximately) 14 million children were living in food insecure households (14.1 million)	[In 2023,] (Nearly) 14 million children were living in food insecure households (13.8 million)
	1 in 5 children in the U.S. was at risk of hunger (19.5%)	1 in 5 children in the U.S. was at risk of hunger (19.2%)

¹ More information about the termination of this data and Feeding America's strategy to address limited data access can be found on HungerNet: https://feedingamerica.sharepoint.com/sites/RD_research/SitePages/Data-Access-Strategy.aspx

² In 2014, 15.4% of all individuals and 20.9% of children lived in food-insecure households. In 2021, 10.4% of individuals and 12.8% of children lived in food-insecure households.

Notable Research Findings

Below are notable findings from the USDA's report. To access the visuals in PowerPoint, [visit HungerNet](#).

1. 48 million people (1 in 7, 14.4%) experienced food in 2024

Following significant increases in 2022 and 2023, the overall food insecurity in 2024 did not change significantly relative to 2023. The overall food insecurity rate and the number of people living in food-insecure households continue to be the highest since 2014, and the rate is 38% higher compared to 2021. (See Figure 1 and 2.)

2. Approximately 14 million children (1 in 5, 19.5%) experienced food insecurity in 2024

Similar to the overall population, food insecurity among children did not change significantly between 2023 and 2024, and the rate and number of children in food-insecure households is the highest since 2014, and the rate is 52% higher compared to 2021. (See Figure 1 and 2.)

Figure 1.

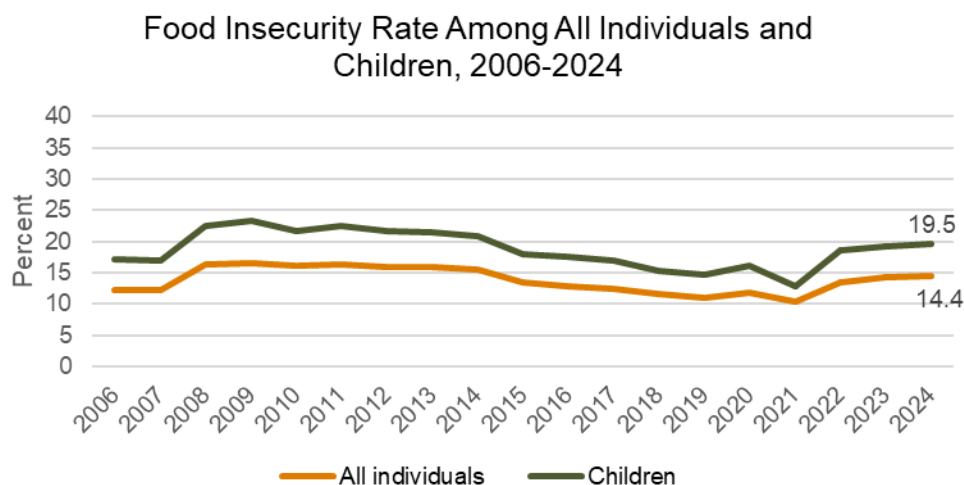
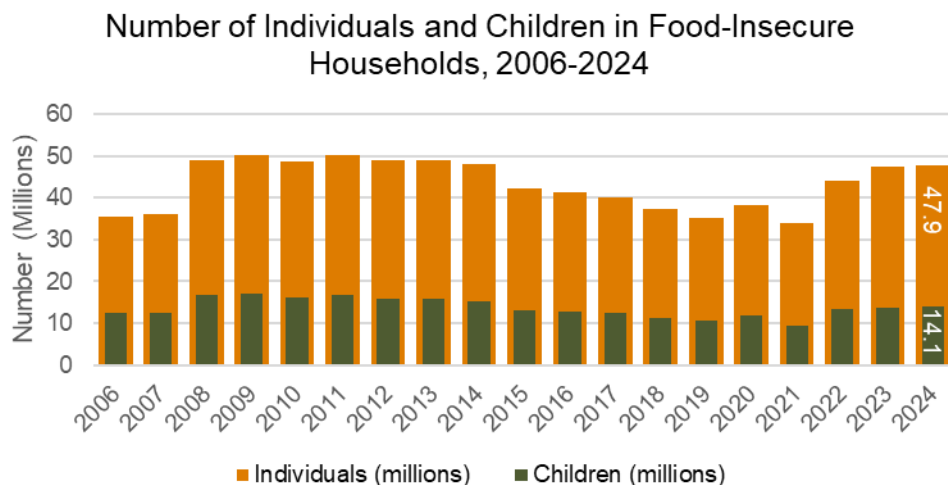


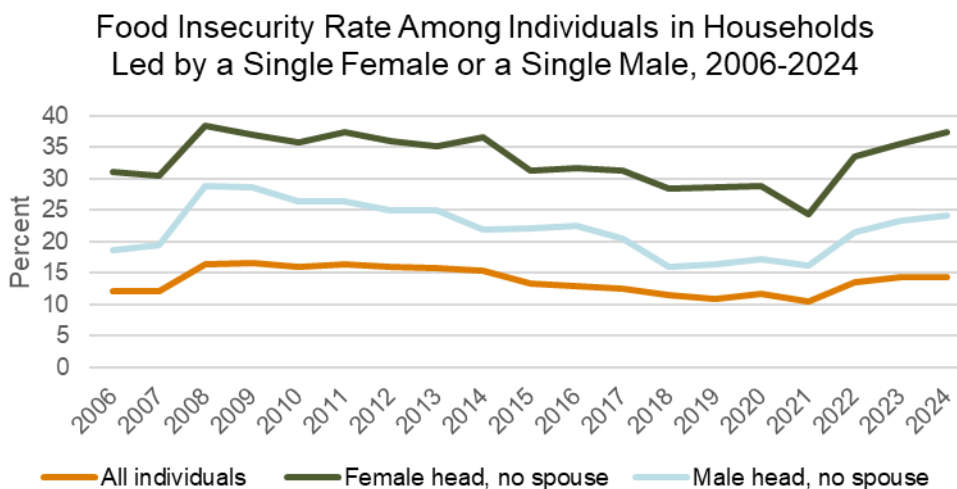
Figure 2.



3. Food insecurity in single-parent households remains high – Up to 1 in 3

Food insecurity among members of households with children led by a single female rose again in 2024, from 35.5% to 37.4% (1 in 3), a change of +5%. Food insecurity among members of households with children led by a single male rose at a similar rate (+4%), from 23.3% to 24.2% (1 in 4). (See Figure 3.)

Figure 3.



4. Food insecurity remains disproportionately high among communities of color

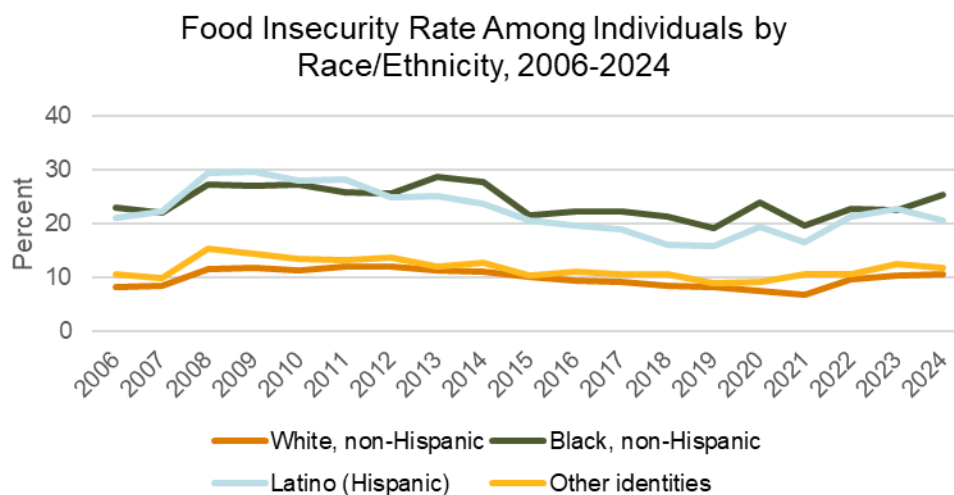
In 2024, food insecurity decreased by two percentage points (22.7% to 20.7%) among individuals who identify as Latino (Hispanic), while increasing by three percentage points (22.4% to 25.4%) among Black, non-Hispanic individuals and remained relatively the same for white, non-Hispanic individuals (10.4% to 10.6%). Food insecurity decreased slightly (12.5% to 11.7%) for a category that includes multiple identities, including Asian American, Pacific Islander, Native American, and people of multiple races.

Resulting from these changes, food insecurity disparities increased slightly for Black individuals and were decreased for Latino individuals. (Food insecurity disparities can be defined as the food insecurity rate for Black and Latino (Hispanic) individuals relative to the food insecurity rate for white individuals.) Year-over-year changes aside, Black and Latino individuals continue to be more than two times as likely to experience food insecurity compared to white people. (See Table 1 and Figure 4.)

Table 1. Food Insecurity Rates and Racial Disparities Among Black, Latino, and White Individuals (2022-2024)

Year	Black Individuals		Latino Individuals		White Individuals
	Food Insecurity Rate	Rate compared to white individuals	Food Insecurity Rate	Rate compared to white individuals	Food Insecurity Rate
2024	25.4%	2.4 times	20.7%	2.0 times	10.6%
2023	22.4%	2.2 times	22.7%	2.2 times	10.4%
2022	22.7%	2.4 times	21.4%	2.2 times	9.6%

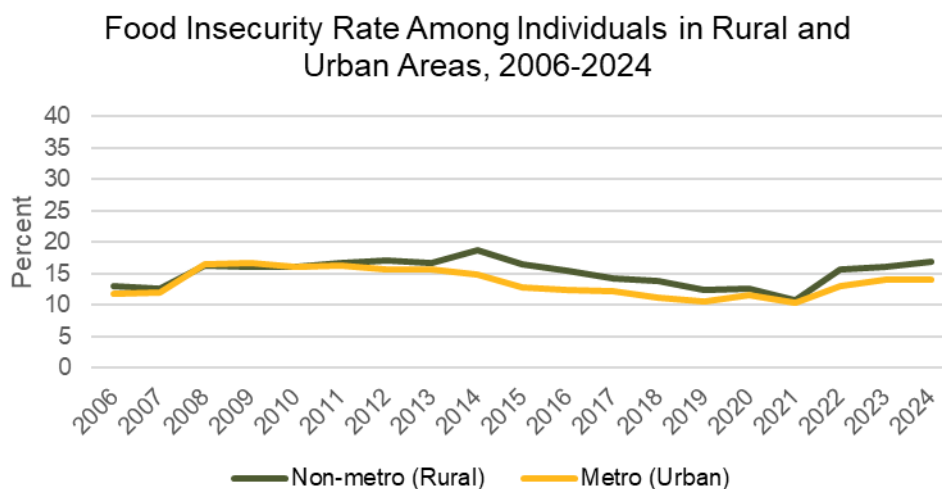
Figure 4.



5. Geographically, food insecurity was highest in rural areas, cities, and the South

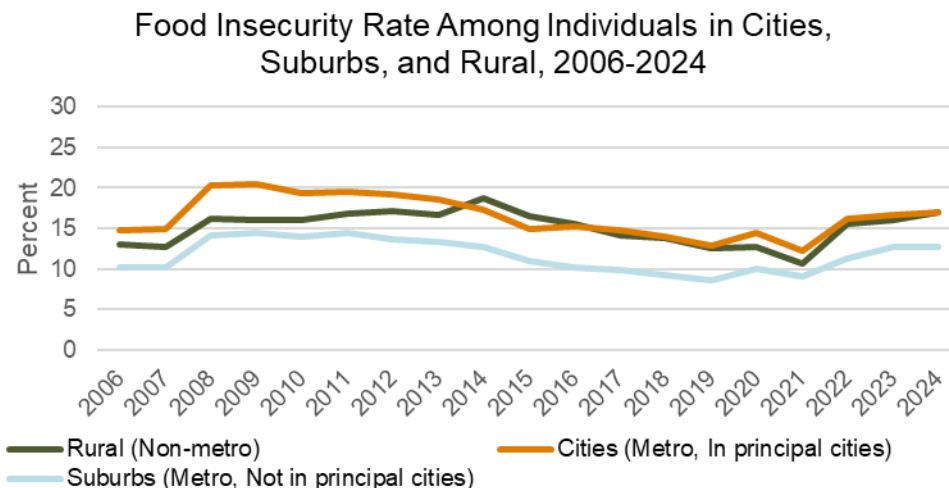
When considering metropolitan (urban) and nonmetropolitan (rural) areas, food insecurity in 2024 was higher in rural areas (17.0%) compared to urban areas (14.0%). (See Figure 5.)

Figure 5.



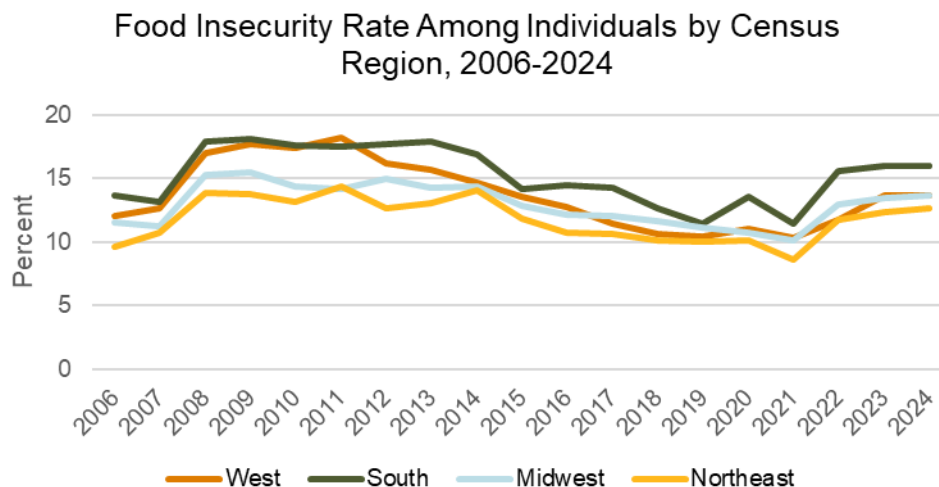
Urban areas are comprised of principal cities and suburbs (urban areas not in principal cities), and when those two areas are considered separately alongside rural areas, food insecurity rates were the same in rural areas and cities (both 17.0%). (See Figure 6.)

Figure 6.



Among the four Census regions in the country, food insecurity among individuals living in the South was the highest and remained the same as it was in 2023 (16.0%). Food insecurity also remained the same for the West (13.7%) and changed by only fractions of a percentage in the Northeast (12.4% in 2023 to 12.7% in 2024) and Midwest (13.5% in 2023 to 13.7% in 2024). (See Figure 7.)

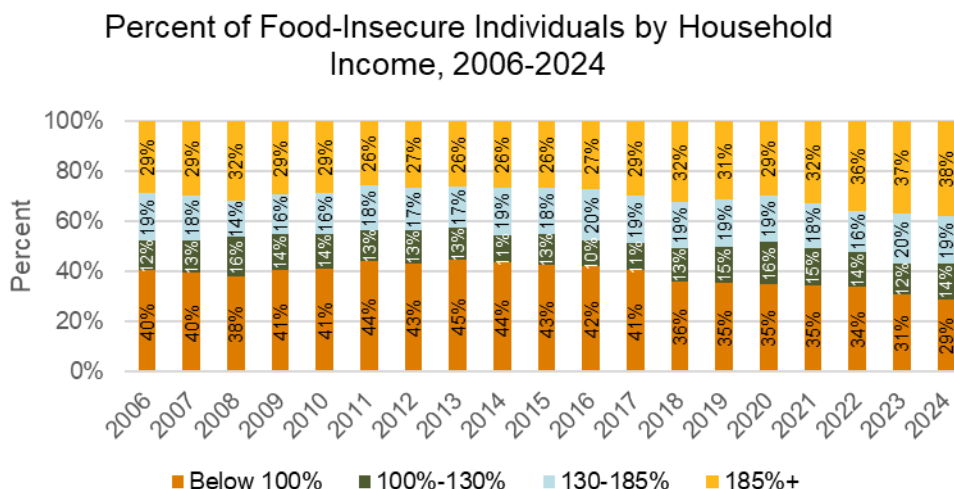
Figure 7.



6. 38% of people experiencing food insecurity may be ineligible for federal programs

Even though income is inversely related to food insecurity, many of the people who experience food insecurity have income above the federal poverty line (FPL), and the greatest share of the food insecure population – 38% - have income above 185% of the FPL. In 2024, this amounted to more than 15.3 million people who had difficulty making ends meet but also had an income level that was too high to qualify for most federal food assistance benefits. For people in this situation, the charitable food system can be a critical support. (See Figure 8.)

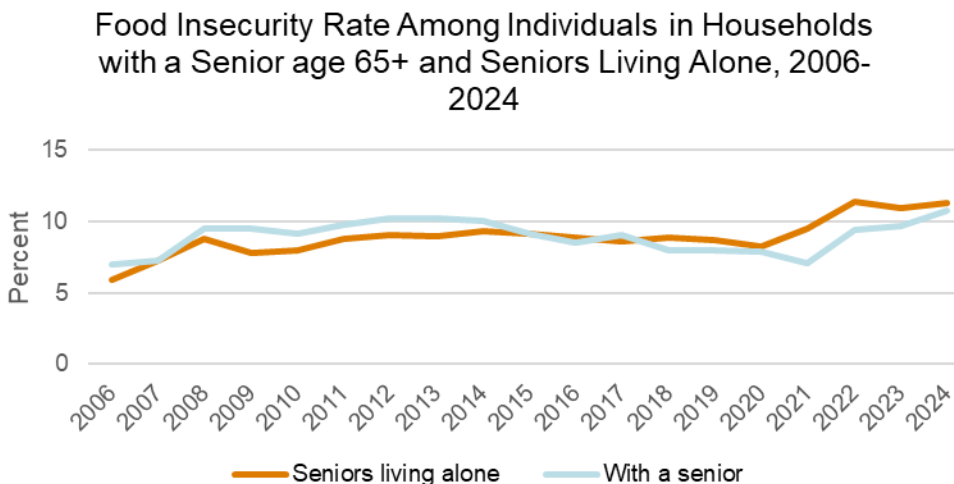
Figure 8.



7. Over a million more senior household members experienced food insecurity in 2024

Food insecurity continues to be lower among seniors compared to younger people, but food insecurity among seniors continued to increase in 2024. The food insecurity rate among individuals living in households with a senior age 65+ rose from 9.7% in 2023 to 10.8% in 2024 (1 in 9), which was an increase of 11% and equivalent to over a million more people. The rate was even higher among seniors 65+ living alone, at 11.3% (1 in 9), which is slightly higher than the rate in 2023 (11.0%). (See Figure 9.)

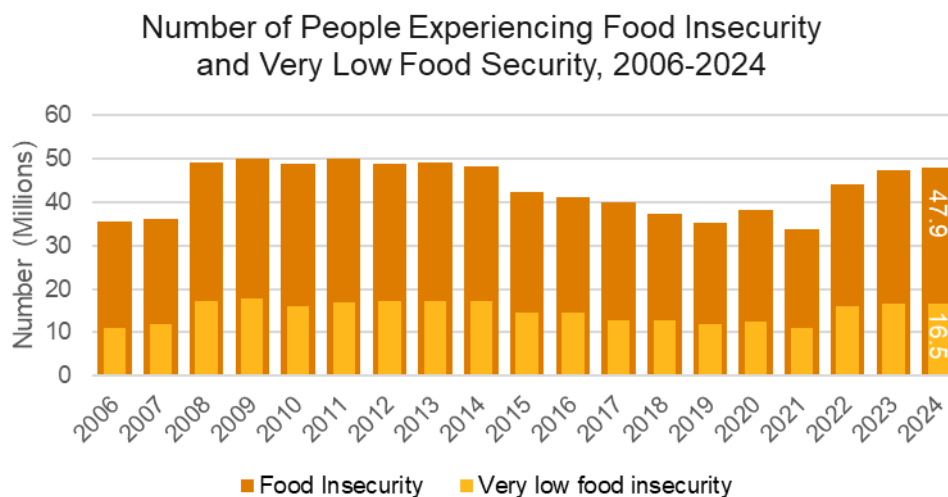
Figure 9.



8. An estimated 16.5 million people experienced a more severe level of food insecurity in 2024

Among the 48 million people who experienced food insecurity in 2024, more than one third - 16.5 million people – experienced a more severe level of food hardship referred to as *very low food security*, which is characterized by reduced food intake and disrupted eating patterns at times during the year because of limited money and other resources for obtaining food. (See Figure 10.)

Figure 10.



Contact & Additional Information

- For questions, contact the Feeding America Research team at research@feedingamerica.org.
- To access the latest version of this document and the visuals within this document in PowerPoint format, [visit HungerNet](#).