

# Top 10 Things You Need to Know

about the

## Mower County Hunger And Food Insecurity Community Assessment Report

1. Mower County has a food insecurity rate of 8.4% compared to the state of Minnesota at 6.0% in 2020. We know that food insecurity impacts all aspects of life for adults and children.  
*\* Feeding America estimates that in 2021, those increased to 10.1% in Mower County, and 8.6% for MN.*
2. 1 in 7 kids, or 15.2% of the youth population are food insecure in Mower County.
3. An estimated 24.3% of Mower County citizens are aged 60+. Of the 60+ aged residents, 38.9% reported living alone, significantly higher than the national average of 27.7%
4. Isolation and Limited Transportation are an issue in Mower County, especially among the senior population.
5. From 2017-2021, individuals born in another country made up 10.9% of Mower County's population.
6. Over 48 languages are spoken in our community. Food security needs are also unique.
7. 1 in 7 eligible adults (13.6%) in immigrant families don't participate in food or housing subsidies for fear that it may affect their legalization efforts.
8. Food security is the base for optimal health -- good nutrition helps prevent chronic disease and illness, good nutrition contributes to mental well-being and can be a catalyst for being physically active.
9. Approximately 1,500-3,000 people fall between 200%-300% of the poverty level – not eligible for SNAP but at significant risk of food insecurity.
10. Mower County offers 3 resource centers, 4 food access programs/services, 3 backpack programs, 3 congregate meal programs, 2 delivered meal programs, and various government assistance. There are also 2 food distribution programs, and 13 food shelves. These resources are well represented within the Hometown Food Security Core team.

