Millions of seniors in the U.S. experience food insecurity. As the senior population grows, so will the challenge of ensuring older adults have access to enough nutritious food. Economic constraints lead some seniors to eat less and/or skip meals. Food insecurity negatively impacts health and complicates seniors’ ability to maintain good health while aging. While many programs exist to support seniors, more must be done to address senior food insecurity in the U.S.

Food insecurity means having limited access to enough food due to a lack of money. Food insecurity is strongly associated with income, but it is not limited to people living in poverty.*

* A single person living in poverty earns under $11,880/year or $990/month.

Some seniors struggle with low fixed incomes.

Other seniors stay employed to meet basic needs, due to:

- Life expectancy
- Savings
- Healthcare costs

Many low-income seniors face spending tradeoffs that can lead to and worsen food insecurity.

The senior food insecurity rate has fallen in recent years but remains above pre-recession levels.

The size of the senior population is growing...

...and the number of food-insecure seniors will likely increase, too.
Food security is important for individuals of every age. For seniors, proper nutrition can be especially critical, yet challenging for some due to limited financial resources and declining health and mobility. The current state of senior hunger and the anticipated growth of the senior population underscores the critical roles the public and private sectors both have addressing senior food insecurity. Harnessing research to better understand the circumstances of low-income seniors and to build evidence-based solutions involving innovative partnerships will help to better meet the needs of the aging population.

For sources of data in this document or more information about senior hunger research, programs, and policy work at Feeding America, contact research@feedingamerica.org.