

# THE HUNGER STRIKE

Designing Balanced Meals On A Budget To Address Food Scarcity

## What is Food Scarcity?

Food scarcity is the lack of access to enough food, or enough nutritious food, for a population. Different factors such as poverty, unemployment, underemployment, and lack of education and food literacy can all be underlying causes of food scarcity.

## How do we combat food scarcity?

**Education!** Providing individuals with knowledge about nutrition, cooking skills, and budgeting can positively impact a person's ability to make healthy food choices.

## Examples of budget-friendly healthy foods



## Resources

**The Cooking Matters:** The "Cooking Matters" program offers low-income families free cooking and nutrition classes.

**MyPlate.Gov:** MyPlate.Gov is a great resource to use for finding easy, low-cost recipes.

**Amazon Fresh:** Several online grocery delivery services, such as Amazon Fresh, can provide access to healthy food in food deserts when you spend \$35 or more, especially when paired with food assistance programs such as SNAP.