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****Maryland Food Bank Hunger Brief****

MFB Releases New Report on “Food Insecurity in Maryland”

Compilation of recent statistics and data analysis paints a holistic picture of food insecurity statewide

BALTIMORE—The Maryland Food Bank (MFB) today released a new report, [“Food Insecurity in Maryland \(PDF\),”](#) which aims to capture how Marylanders experience food hardship by unpacking recent, complex data that shines a light on the various and often intertwined indicators of need that lead to food insecurity.

“Food insecurity is complex. It’s a multifaceted story that requires analysis of multiple measures of need, something scholars, policy researchers, and food bankers have long emphasized,” said MFB’s Chief Strategy Officer Meg Kimmel. “The fact that there are not readily available, national metrics to measure improved food-insecurity outcomes is a problem that needs to be solved.”

Written and researched by MFB’s Vice President for Learning, Measurement, and Evaluation Daniel Sturm, “Food Insecurity in Maryland,” presents a more complete picture of what it means to be food insecure. This report interprets available data sets from various resources to better understand how wages, housing, and other indicators of hardship interconnect and ultimately manifest in the form of food insecurity.

Some of the most notable highlights in the report include the following:

- **Increased demand for food assistance:** Between March and May 2022, the number of Marylanders relying on MFB’s network of food assistance partners **increased by 30%**, based on MFB’s analysis of 2-1-1 Maryland caller data, MFB pantry visit statistics, and Google Trends data
- **Financial stability:** The percentage of Marylanders who were finding it difficult to cover basic household expenses **rose from nearly 8% in December 2021 to 32% in June 2022**, based on MFB’s analysis of June 2022 data from the U.S. Census Bureau’s Maryland Household Pulse Survey
- **Food affordability:** The same survey also noted that in June 2022, **nearly 50% of Maryland families** said that their children were sometimes or often not eating enough because food was not affordable
- **Housing and food insecurity:** As of May 2022, an estimated **14% of renters in Maryland** were behind on rent; 50% of the households that have fallen behind on rent are considered unemployed and 82% are low-income

Each chapter in this report provides detailed statistical analysis, includes discussions of emerging trends, and ties the data back to the overall assessment that Marylanders continued to experience significant difficulties throughout the spring of 2022.

“We’ve never had a resource like this because previous research didn’t adequately measure current levels of need; it only included people living under the Federal Poverty level, leaving out many Marylanders and their families with above-poverty incomes who are unable to make ends meet,” Kimmel added. “By providing this comprehensive approach to evaluating and addressing food insecurity, we can maximize the reach and impact of organizations like the Maryland Food Bank.”

About the Maryland Food Bank

The Maryland Food Bank (MFB) is a nonprofit hunger-relief organization dedicated to feeding people, strengthening communities, and ending hunger for more Marylanders. Since March 2020, the food bank's statewide food assistance network distributed the equivalent of 100 million meals in response to the COVID-19 pandemic. MFB will continue to meet the immediate needs of vulnerable communities while collaborating with partners to provide resources beyond food and address root causes of hunger so that more Marylanders can become financially stable and thrive. To learn more about the Maryland Food Bank, visit www.mdfoodbank.org.

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