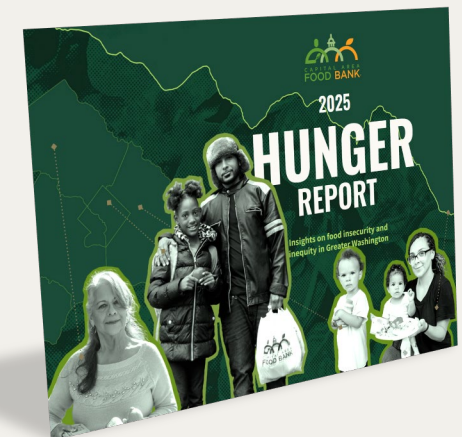
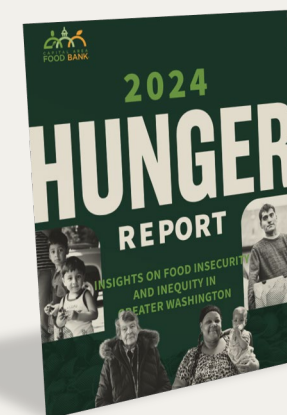
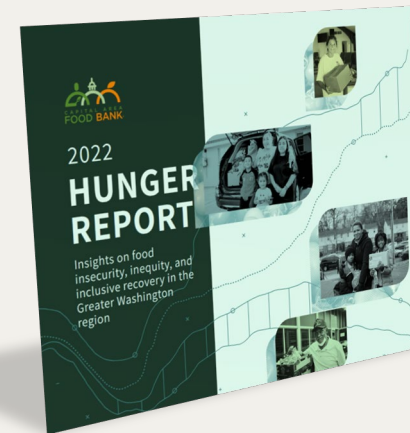
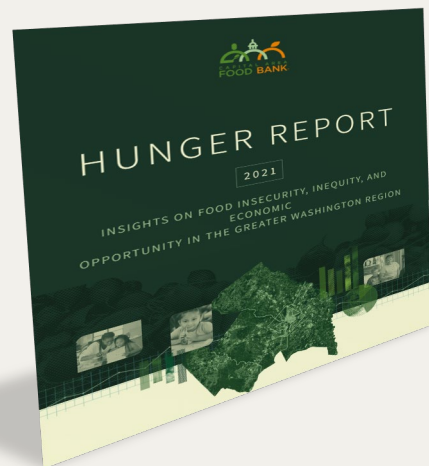
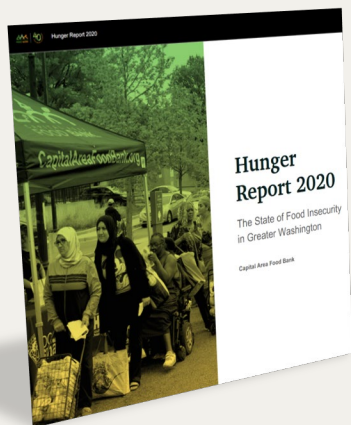


2025 Hunger Report Briefing



Hunger Report Overview

- CAFB has published a Hunger Report **every year since 2020**
- These reports offer **unique insights on the landscape of food insecurity** and underlying household economics in our region
- We conduct **general population surveys** (n = 4,000 on average) with trusted research partner **NORC** at the University of Chicago
- The Hunger Report is referenced by a **range of stakeholders**, including media, policymakers, regional economic development stakeholders, academia, and other nonprofits
- We **engage directly with clients** in the research, narrative-building, and story-telling of the report

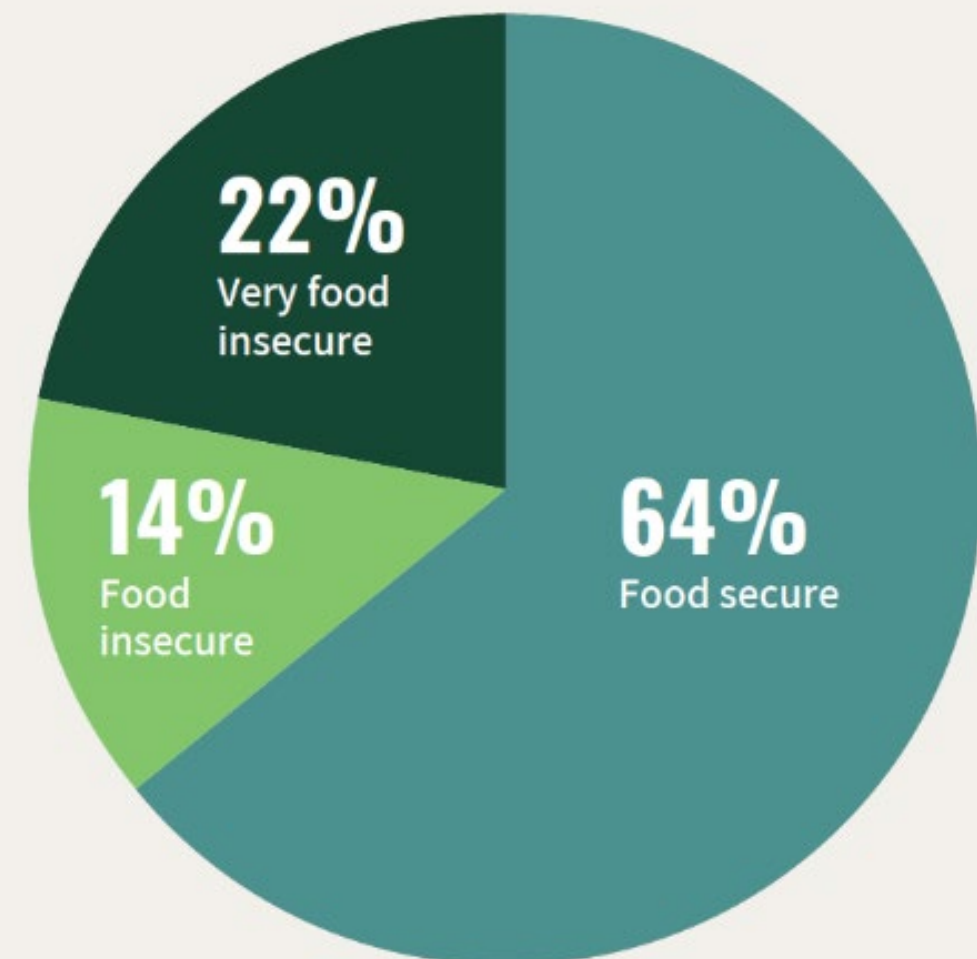


Key Finding #1:

Food insecurity remains elevated across Greater Washington

- As of June 2025, when the survey was fielded, **36% of households in the DMV experienced food insecurity** — nearly unchanged from 37% in 2024, but up from 32% in 2023
- **High rates have persisted across all geographies, races, and income groups**, following a sharp rise in 2024

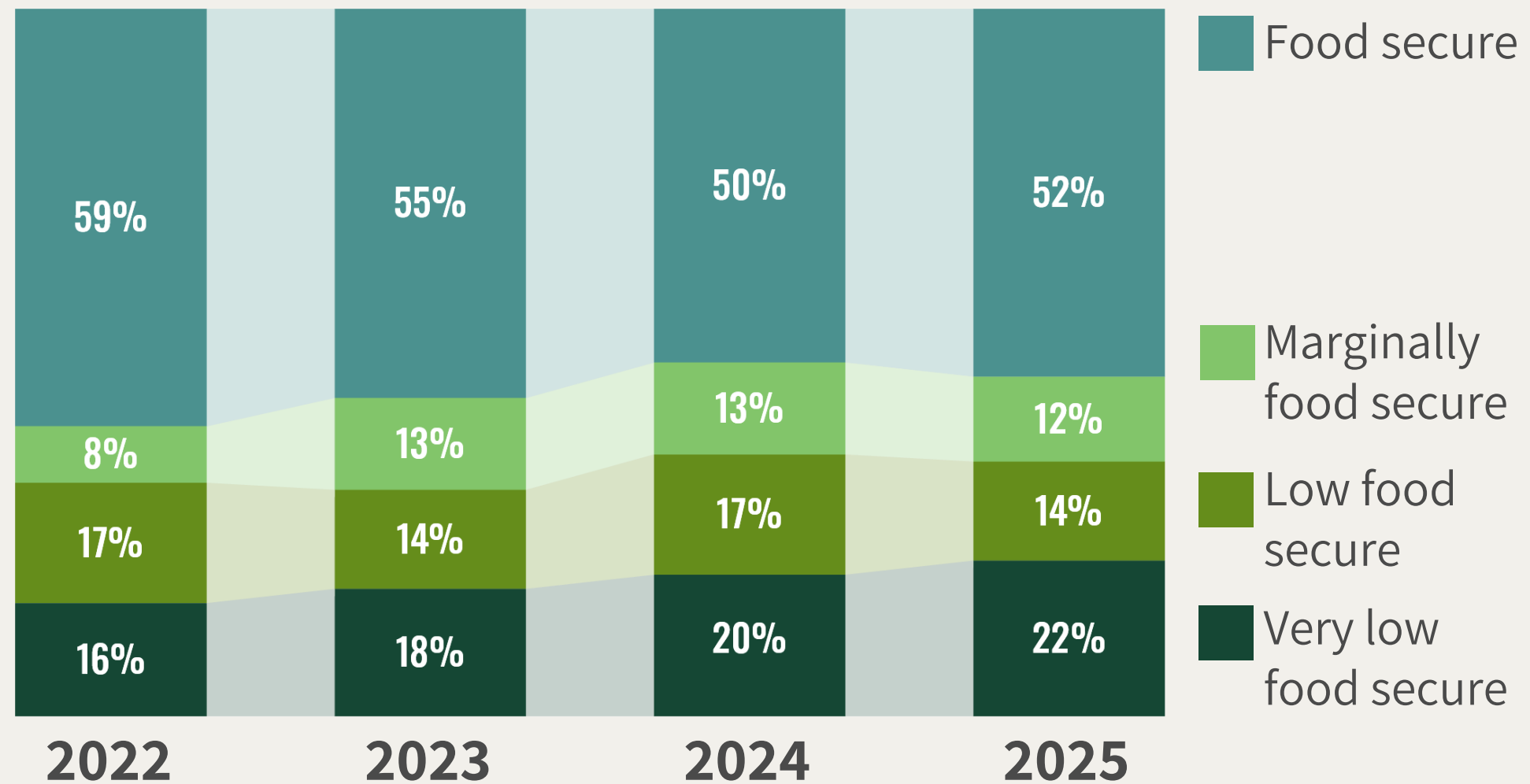
Prevalence of food insecurity in the DMV



Key Finding #2: Very low food security, the most severe status, now affects over 800,000 people in the DMV

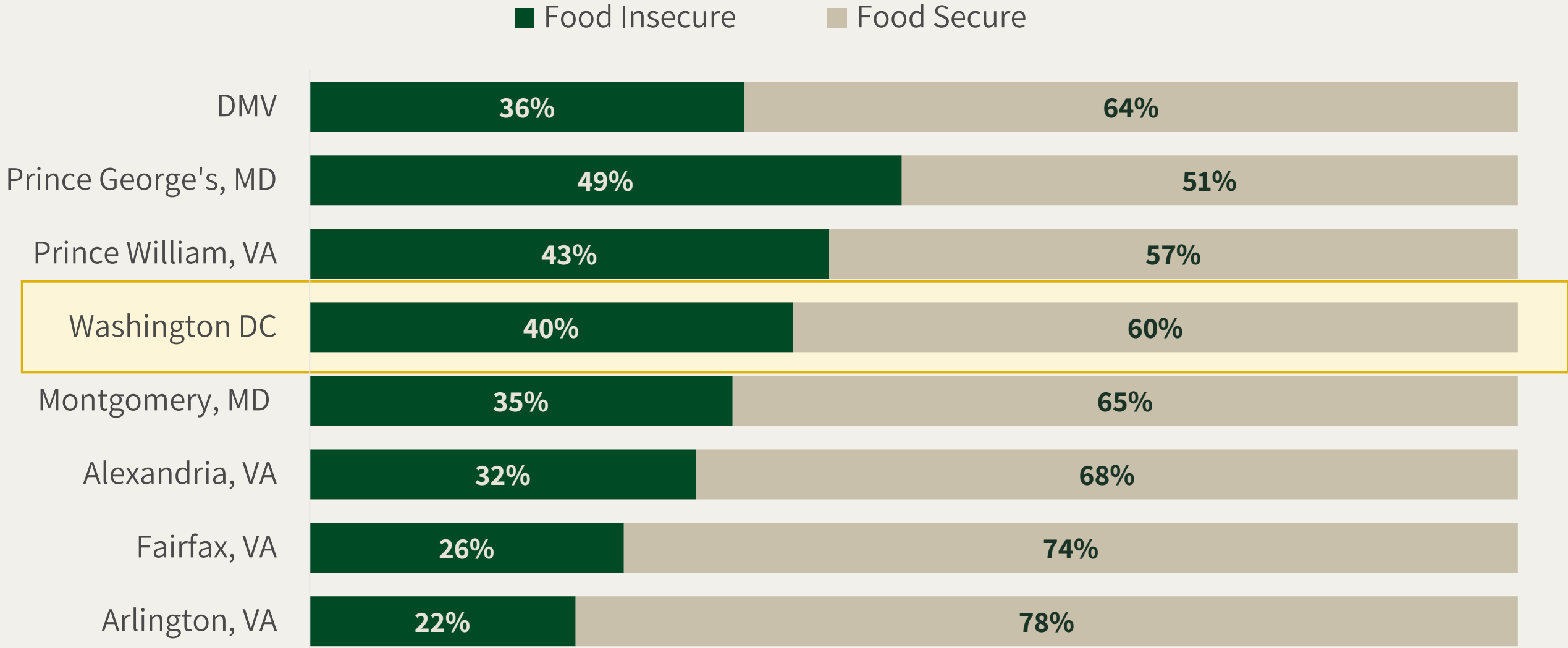
- **Very low food security** is the most severe form of food insecurity, where people face disrupted eating and reduced food intake
- This category grew from **16% to 22% in 4 years**
- **Over 800,000 people** are now in this category, up about 75,000 each year

Level of food insecurity by year



Key Finding #3: At the county level, food insecurity varies from 22% to 49%

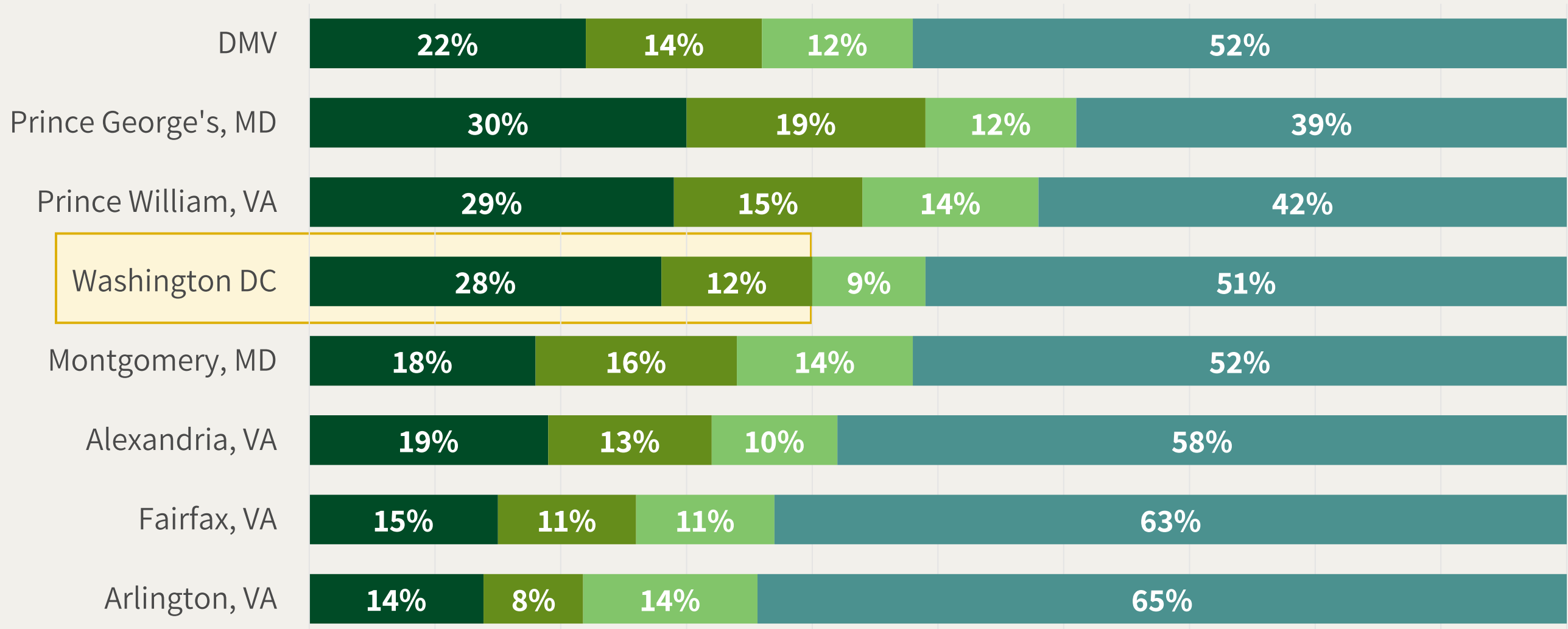
Prevalence of food insecurity in the DMV



Key Finding #4: Food insecurity in DC is more severe than in other jurisdictions

Food security severity by county, 2025

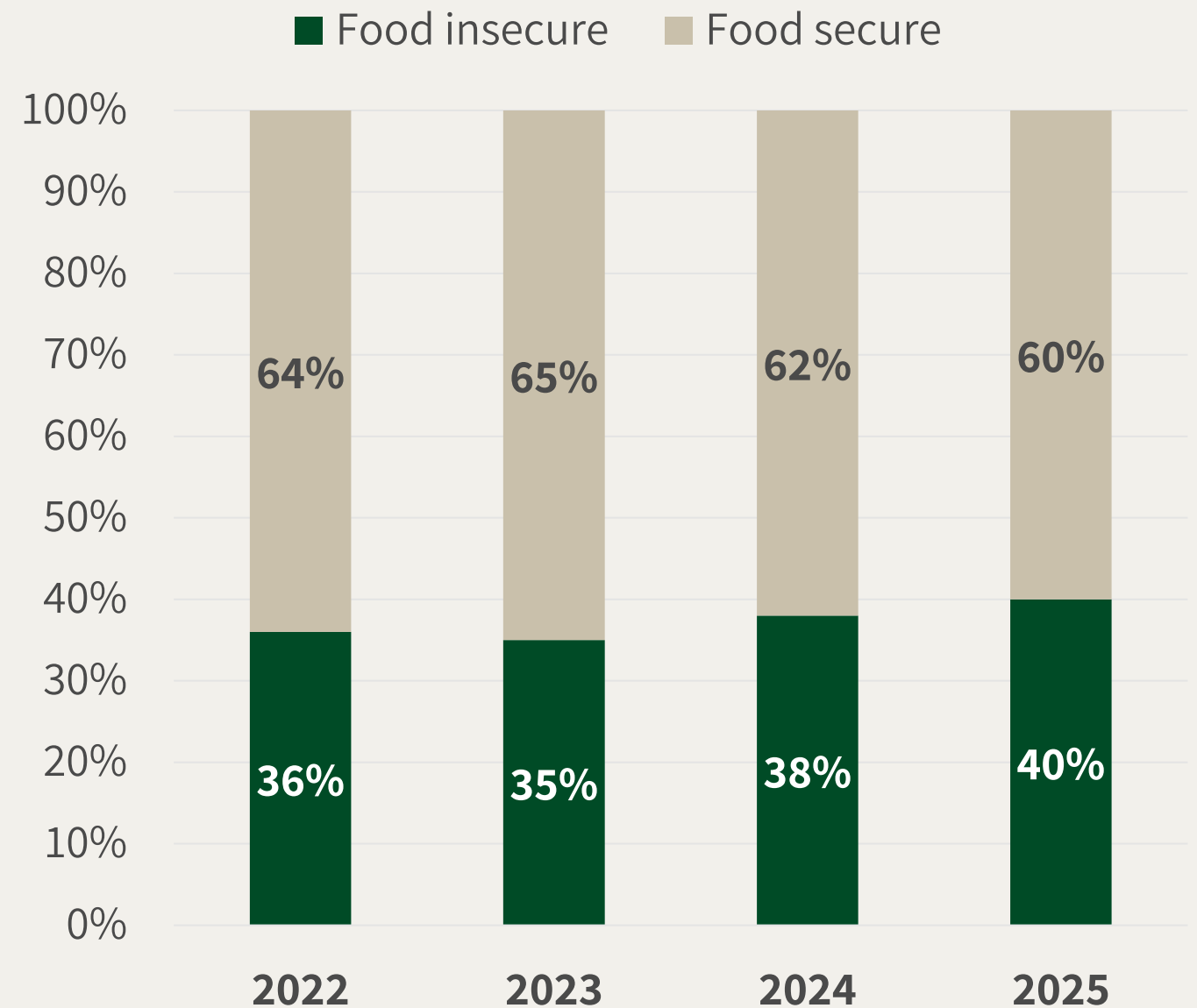
Very low food security Low food security Marginal food security High food security



Key Finding #5: In DC, food insecurity has been slowly rising since 2023

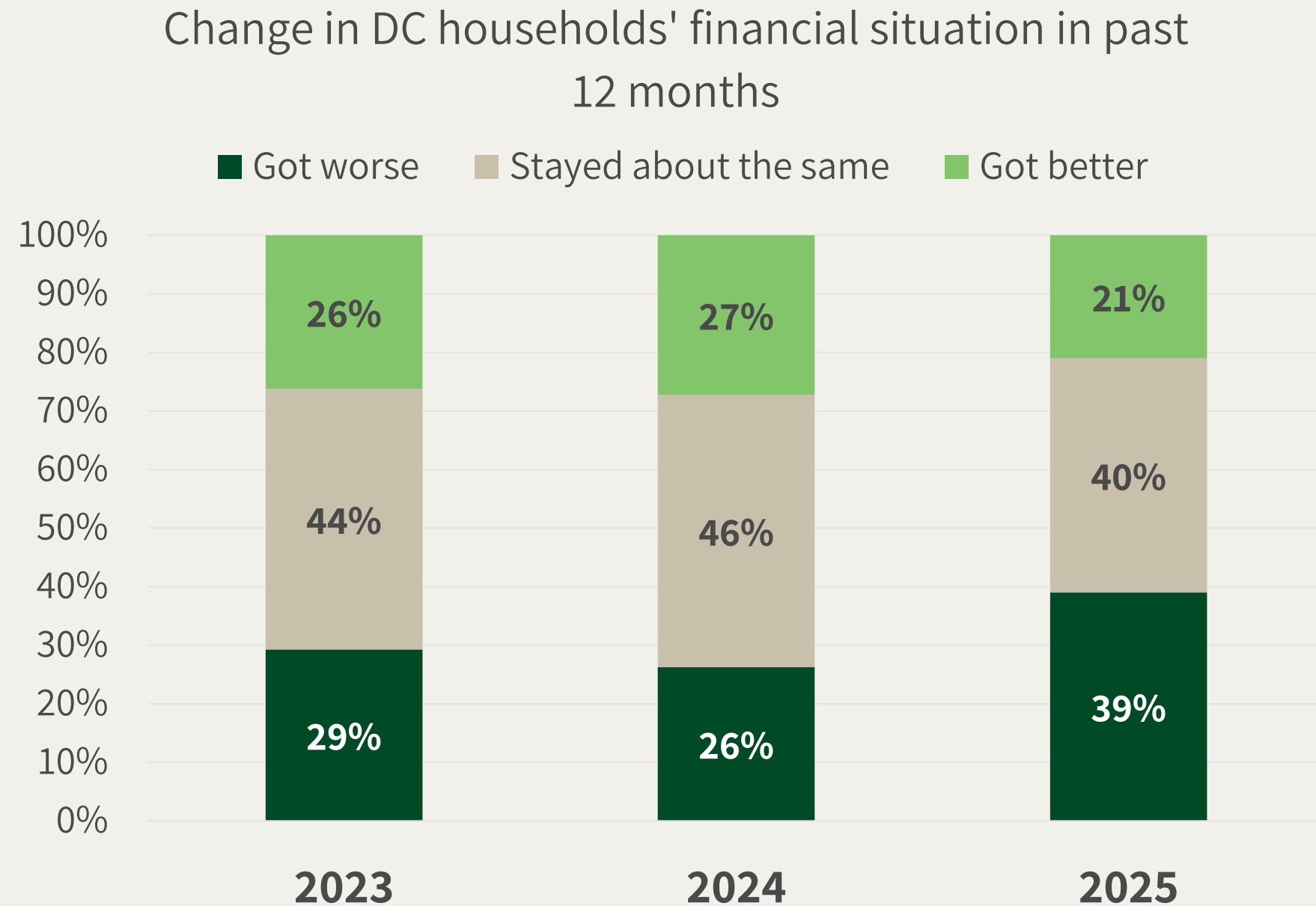
- Food insecurity has risen from **35% to 40%** in Washington DC between 2023 and 2025
- The margin of error is 5.4 percentage points

Food insecurity in DC, 2022-2025



Key Finding #6: In DC, an increasing share of residents are saying their finances are getting worse

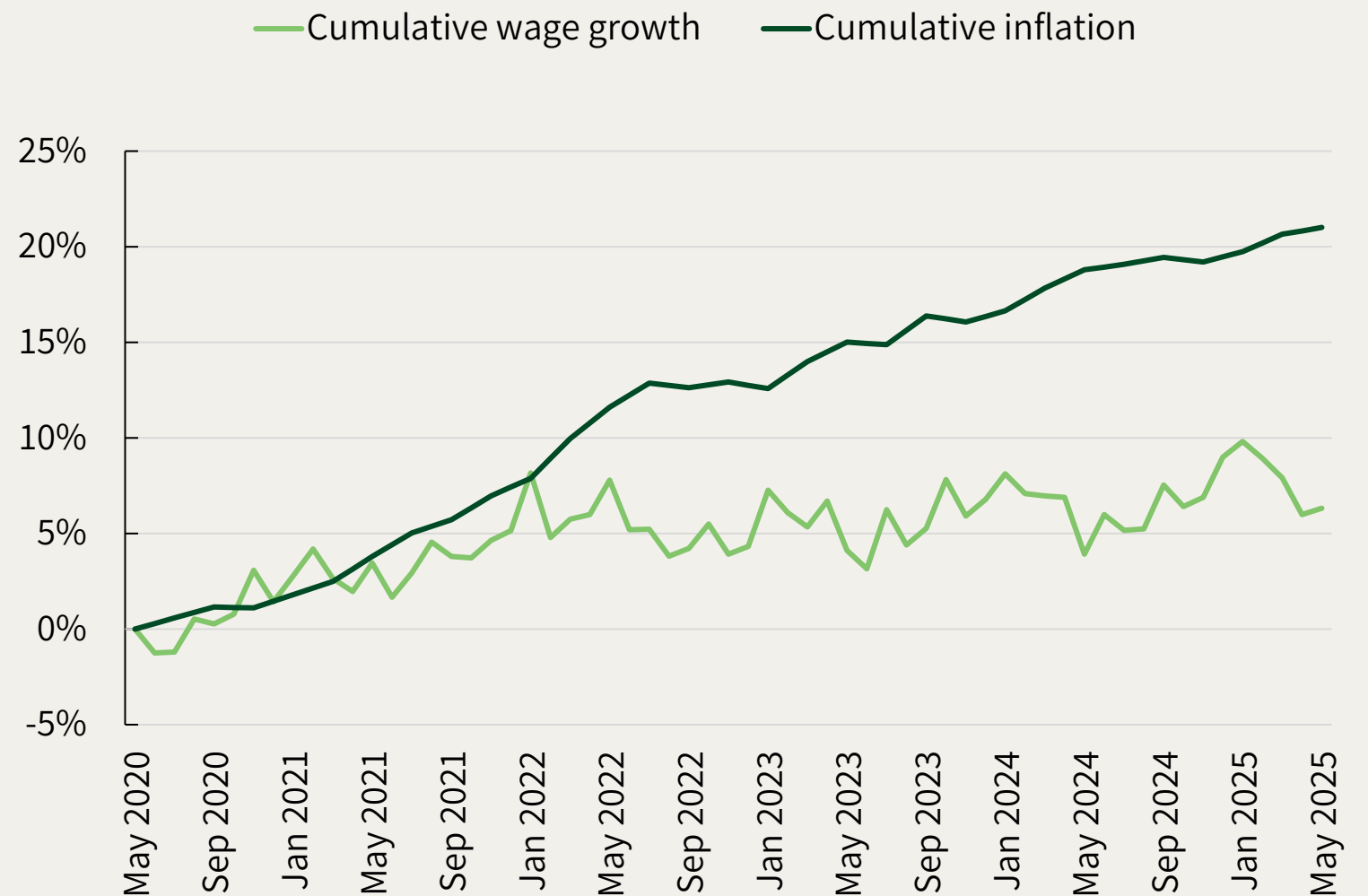
- The 2025 survey found that **39%** of adults **reported their finances are worsening** compared to last year.
- This is **up from 26%** the year prior
- **Only 21%** of adults reported improvement.



Key Finding #7: In the DMV, wage growth is lagging inflation over time

- Food insecurity has stayed high **despite strong GDP** and **low unemployment**
- Since May 2020, the cumulative growth in regional CPI is **21%**, compared to just **6%** in cumulative wage growth
- **Real wages in the DMV have fallen** faster than the national average

Cumulative inflation and wage growth in the DMV

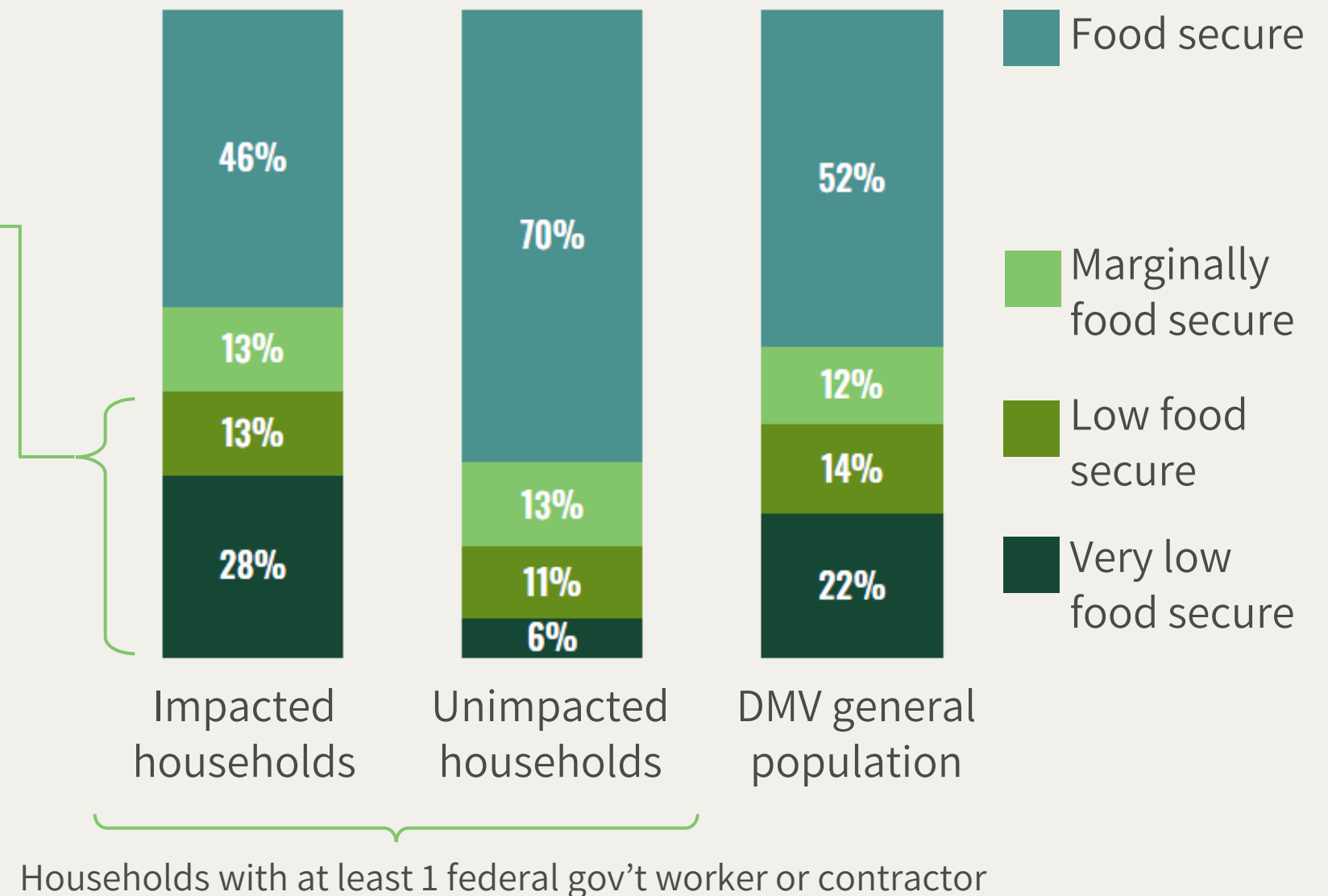


Sources: Bureau of Labor Statistics; Federal Reserve Bank of St. Louis

Key Finding #8: 41% of households impacted by federal spending cuts are now facing food insecurity

- In the DMV alone, approximately **29,000** people left jobs with the federal government or a federal contractor
- **41%** of households affected by federal job losses are **already food insecure**
- Of these, **over two-thirds** are in the most severe category, “**very low food security**”
- The majority report **low confidence in reemployment**

Food insecurity by federal employment status



Key Finding #9: DC residents are using a range of financial coping mechanisms in response

Used savings to pay for housing, bills, or other payments



Stopped saving for retirement, college, or other future expenses



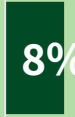
Made minimum payments on credit card bills or other loans



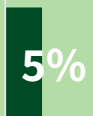
Made a withdrawal from your retirement account earlier than planned



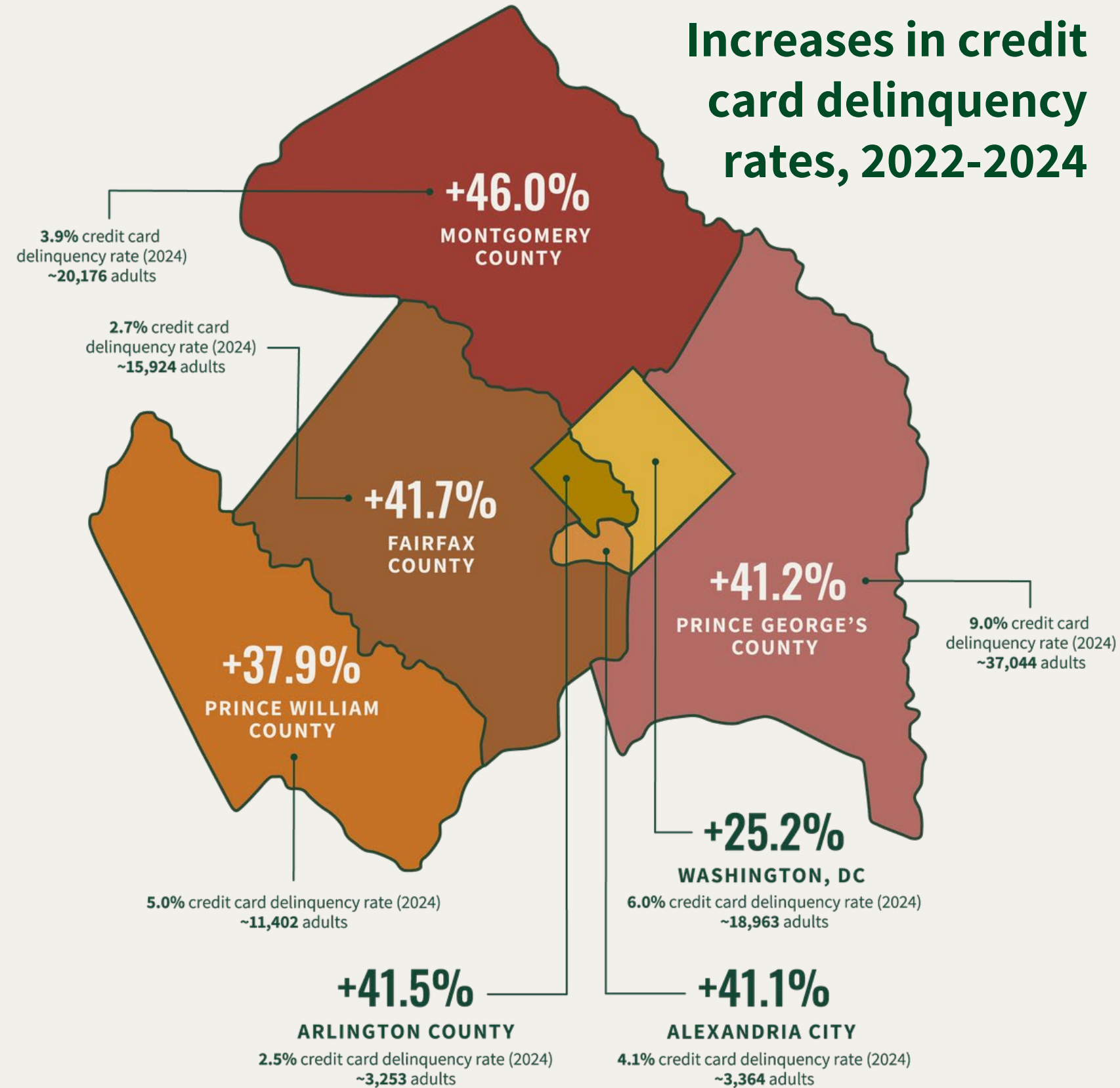
Been evicted, had to foreclose, or had to move to less expensive housing



Had to close or sell your business



Increases in credit card delinquency rates, 2022-2024

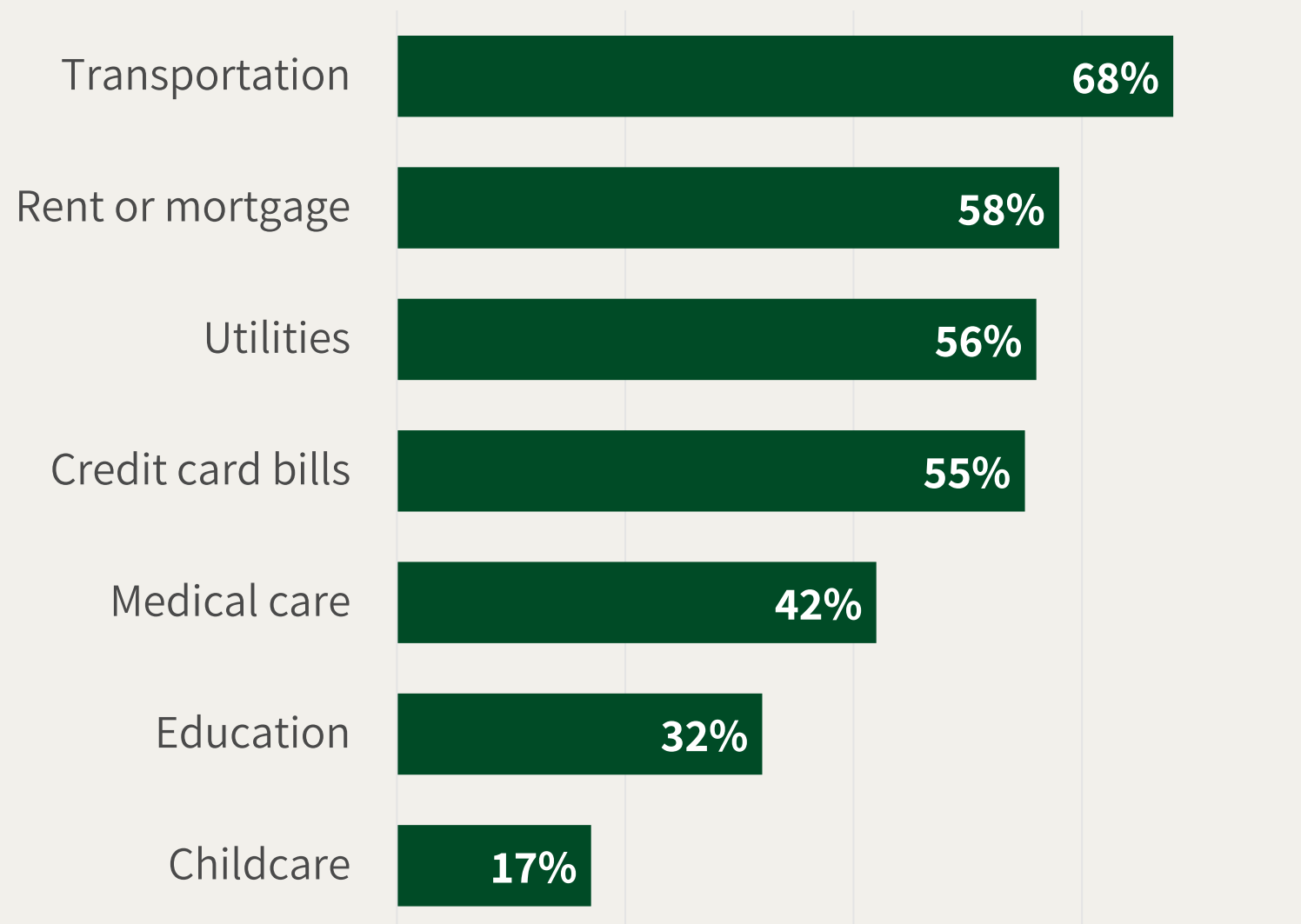


Key Finding #10:

Food insecure residents in DC are facing impossible tradeoffs between food and other necessities

- Food insecure households in DC are experiencing **forced tradeoffs between food and other essential expenses** like transportation and housing.
- These tradeoffs can have **harmful long-term impacts**, such as diminished ability to build wealth, poorer health, lower income potential, and loss of housing.

Forced tradeoffs between food and other expenses

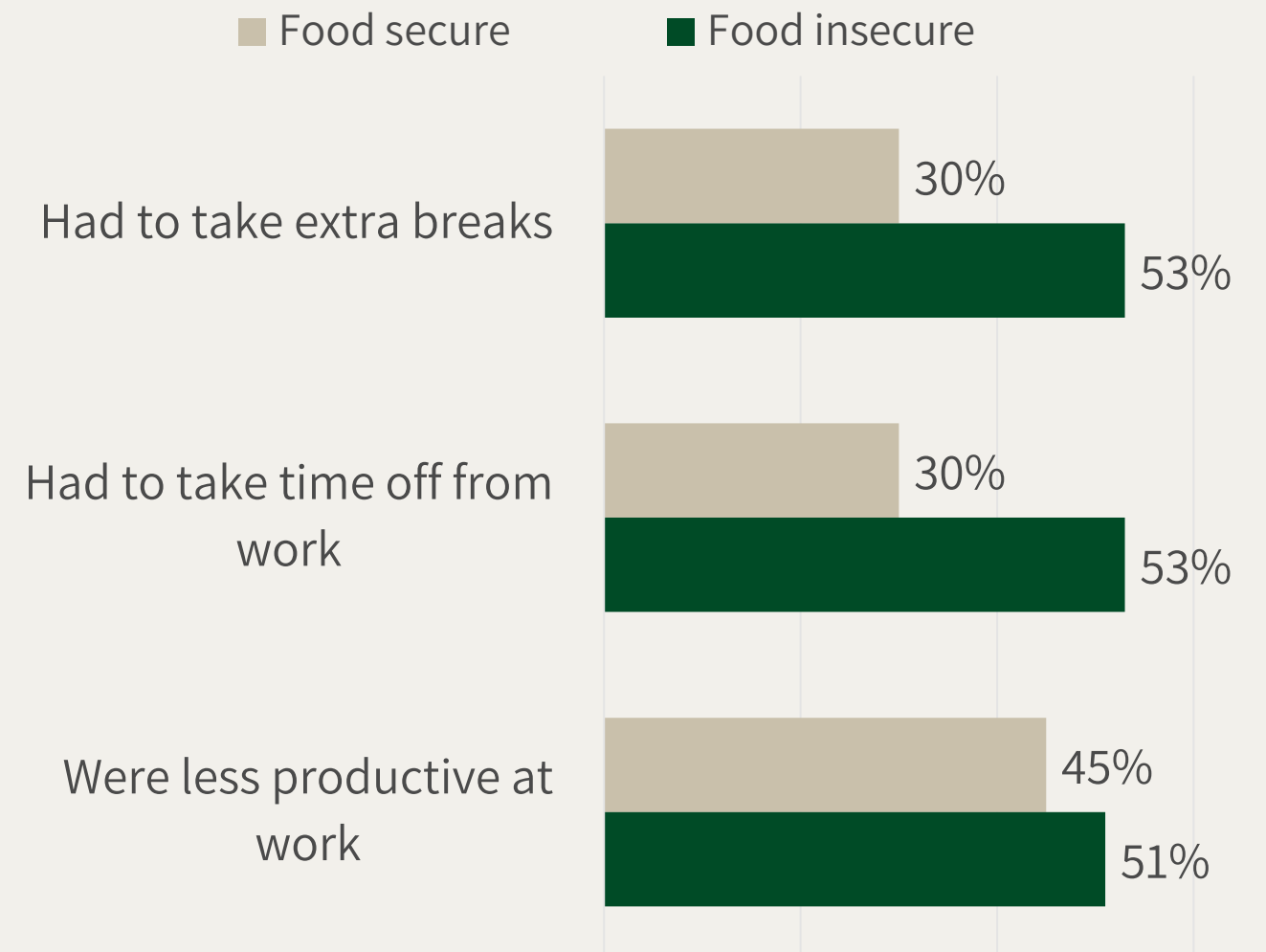


Key Finding #11:

Food insecurity coupled with chronic health conditions has measurable impacts on workforce productivity

- Food insecure adults in DC report a range of chronic diseases (see Appendix)
- Food insecure adults in the county are **more likely to experience impacts to their productivity** from a chronic disease than food secure adults
- If individuals are sidelined by illness and financial instability, **the availability and productivity of the region's potential workforce** stands to be reduced.

Impacts of food insecurity on workforce productivity



Key Finding #12: These challenges are being exacerbated by cuts to SNAP and Medicaid

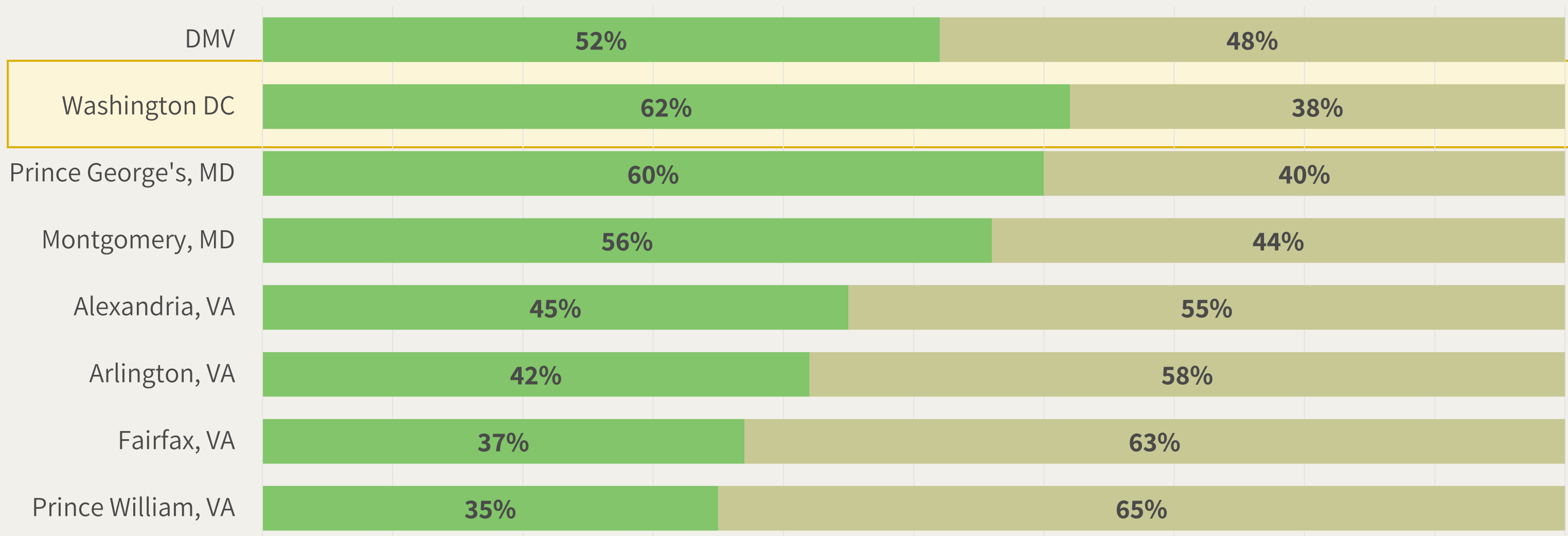
- New federal legislation will **reduce SNAP benefits by an average of \$187 per month** for **50,000 families** in the DMV
Source: Urban Institute – See Appendix for additional detail
- At the same time, **116,000 people** in the region are expected to **lose Medicaid** coverage
Source: Center on Budget & Policy Priorities
- These cuts **threaten both food access and health care**, leaving households with fewer resources to meet basic needs
- Families who **rely on both programs** (over 100,000 people) face especially severe risks



Key Finding #13: Food insecure households are going without support from the charitable food system

Share of food insecure people who have received charitable food in the last 12 months

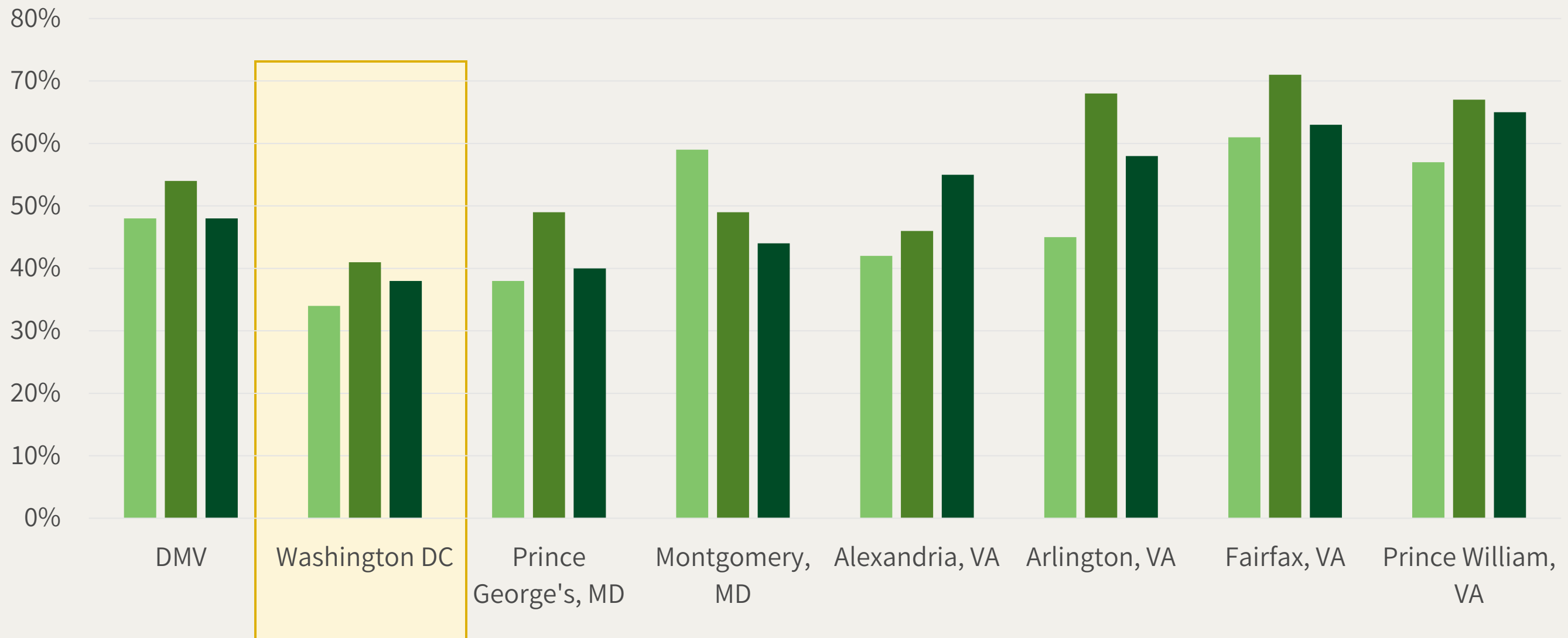
Reached Unreached



Key Finding #14: Most counties saw an increase in reach from 2024-2025

Percent of food insecure people who are unreached, 2023-2025

2023 2024 2025



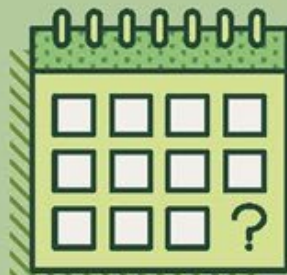
Recap of 2024 Finding: Barriers to accessing charitable food relate to awareness, convenience, and stigma

AWARENESS



48%

Not being sure if I qualify for assistance



46%

Not knowing when food will be offered



45%

Not knowing what organizations offer free groceries or meals

CONVENIENCE



39%

Not being able to attend when food is offered

STIGMA



31%

Not wanting to share my personal information



30%

Not wanting friends, family, or neighbors to know I need help



29%

Not feeling comfortable at food distributions

CAFB's Recommendations: Coordinated action across every sector is needed

1



Protect families from SNAP cuts

2



Upskill food insecure individuals

3



Advance Food Is Medicine



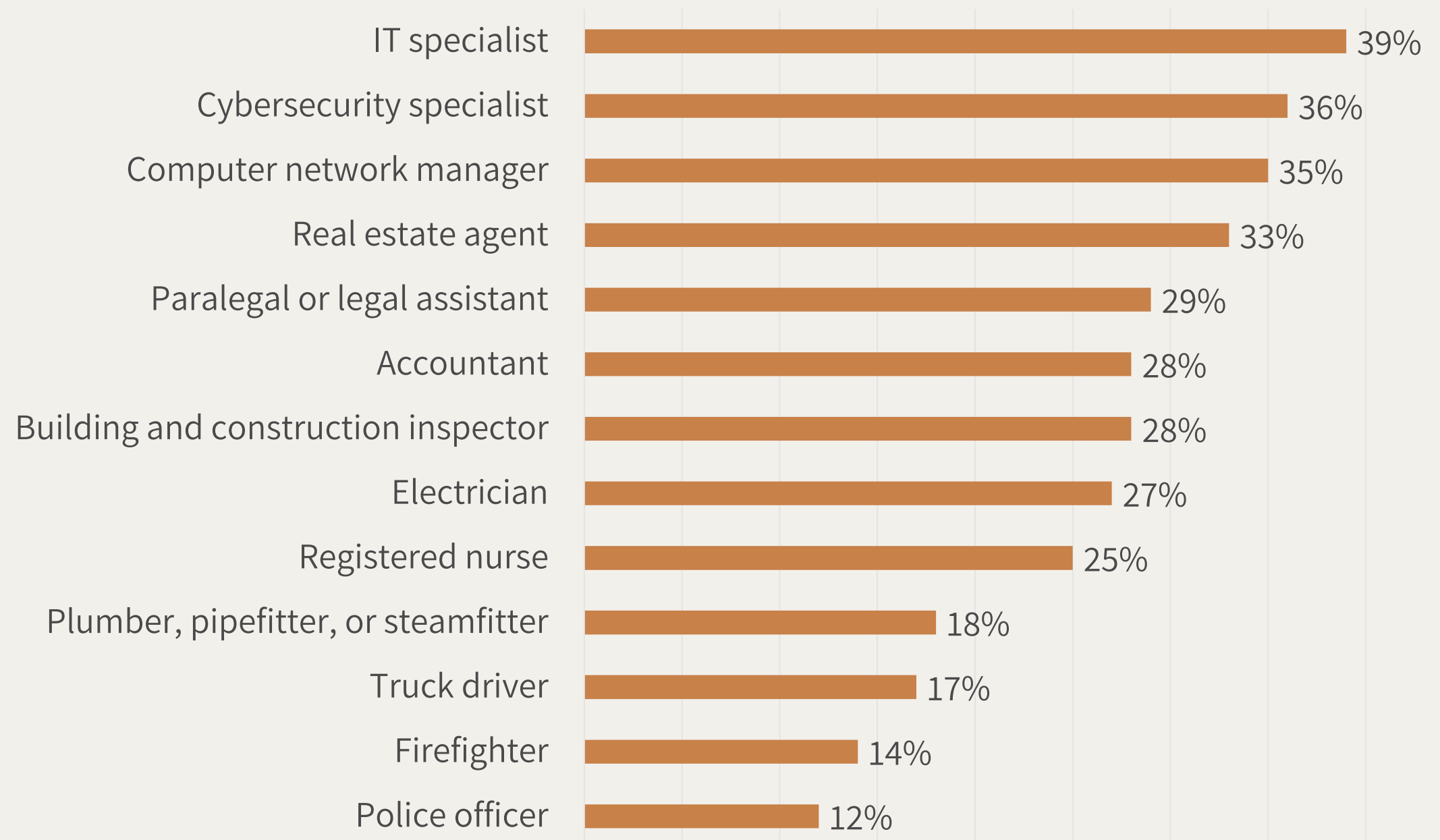
CAFB Recommendation #1: Mitigate the worst impacts of SNAP cuts

- State governments play a critical role in mitigating the worst effects of the recent federal SNAP changes.
- Maintaining and protecting **school meal programs** ensures that children in high-need areas continue receiving nutritious meals even if households lose SNAP benefits and Community Eligibility Provisions (through which many schools currently participate) are threatened.
- **Partnering with regional nonprofits** can help residents navigate SNAP eligibility, fulfill work requirements, and **maintain access to benefits** despite increased administrative complexity.

CAFB Recommendation #2: Upskill and re-skill food insecure individuals

Food insecure workers want pathways to living-wage careers that are in-demand in the DMV...

Interest in switching careers among food insecure individuals



CAFB Recommendation #2: Upskill and re-skill food insecure individuals

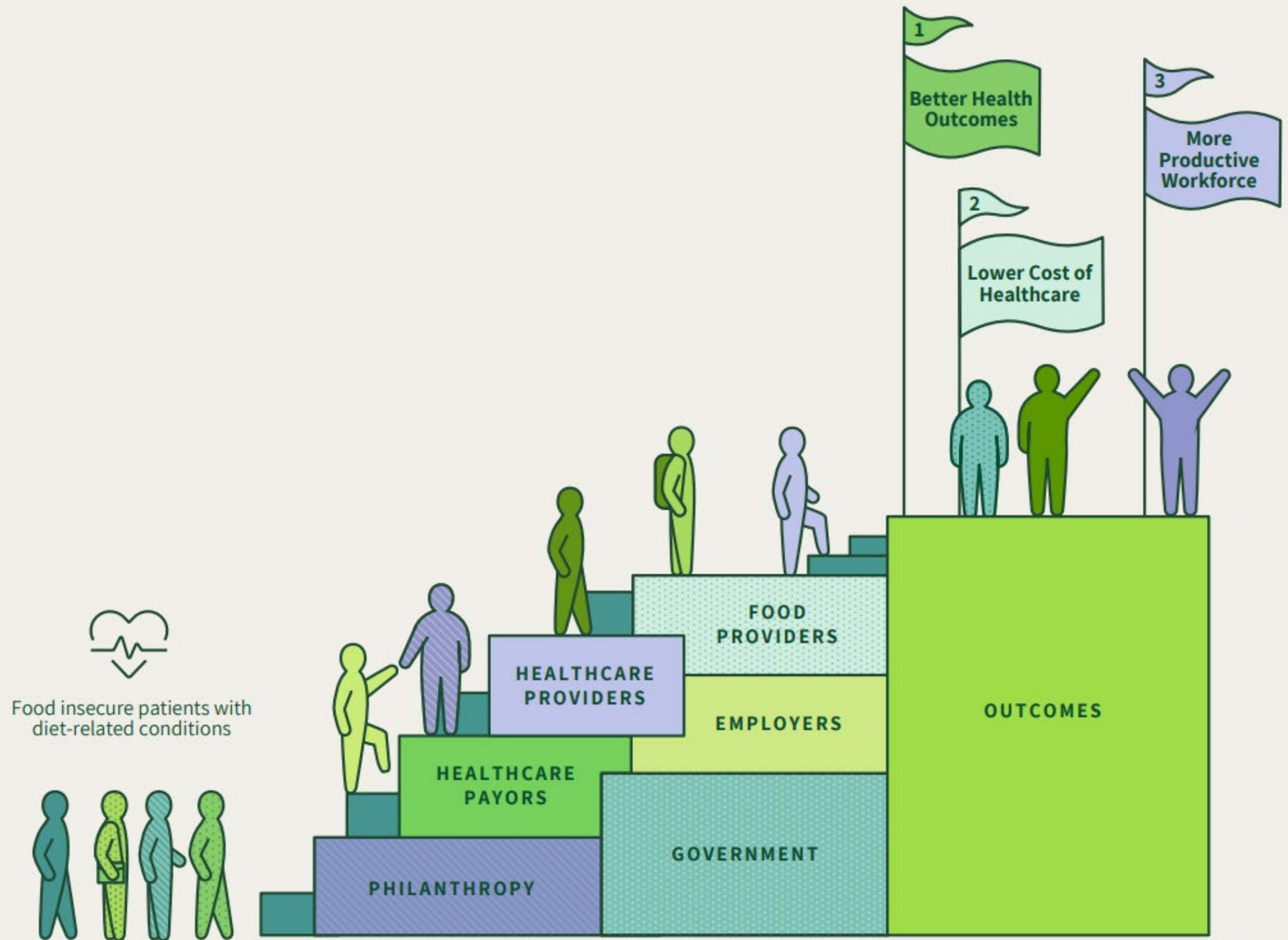
... but they face numerous barriers related to financial resilience.

Partnerships with employers and community groups can bridge barriers to skill-building

Barriers to engaging in skill development



**CAFB
Recommendation #3:
Take a
system-level
approach to
“Food is
Medicine” to
ensure a
healthy,
productive
workforce.**



2025 Hunger Report

Q&A



Appendix A: Demographics of food insecure population in Washington DC

Race



White	12%
Black	64%
Hispanic	16%
Other	8%

Country of origin



U.S. born	87%
Foreign born	13%

Household income



<\$20k	40%
\$20k-\$40k	14%
\$40k-\$60k	24%
\$60k-\$80k	10%
\$80k-\$100k	5%
\$100k-150k	6%
\$150k-250k	0%
>\$250k	0%

Age



18 to 24	25%
30 to 44	29%
45 to 59	22%
60 or older	24%

Educational attainment



Less than high school	8%
High school graduate	38%
Some college	27%
College graduate	18%
Post grad/professional degree	10%

Employment



Working	41%
(Sub: Working more than one job)	2%
Retired	11%
Disabled	15%
Not Working	30%
Other	3%

Household characteristics



Average household size	2.85
Average # of children	0.62
Average # of seniors	0.39

Appendix B: Health and benefits of food insecure population in Washington DC

Chronic disease (self-reported)



Mental health illness	34%
High blood pressure or hypertension	33%
Diabetes	22%
Overweight or obesity	21%
Respiratory disease	15%
Arthritis	14%
Heart disease or heart attack	7%
Stroke	3%

Government benefits enrollment



SNAP	41%
Medicaid	17%
TANF	15%
Social Security Retirement	11%
Medicare	11%
Supplemental Security Income	9%
Social Security Disability Insurance	7%
Earned Income Tax Credit	5%
Free or reduced-price school meals	5%
WIC	2%
Child Tax Credit	1%
Veterans Benefits	1%

Last doctor visit



<6 months ago	53%
6-12 months ago	26%
1-2 years ago	12%
>2 years ago	6%
Never	2%

Health insurance status



Insured	83%
Uninsured	16%

Appendix C: Localized impacts of SNAP cuts

	All Families		Families with Children		Working Families	
	# losing benefits	Average loss	# losing benefits	Average loss	# losing benefits	Average loss
(Limited to those losing >\$25)						
DMV	50,000	\$187	26,000	\$107	33,000	\$153
DC	18,000	\$231	5,000	\$118	10,000	\$215
Maryland*	21,000	\$164	13,000	\$101	15,000	\$131
Virginia**	11,000	\$154	8,000	\$111	8,000	\$120

*Includes Montgomery County and Prince George's County

**Includes Arlington, Fairfax, and Prince William Counties and Alexandria City

Source: Urban Institute analysis conducted for Capital Area Food Bank. Authors' estimates produced using the Urban Institute's ATTIS model (Analysis of Transfers, Taxes, and Income Security) applied to combined 2022 and 2023 American Community Survey (ACS), reweighted to reflect 2023 population and income characteristics. ACS data were obtained from IPUMS USA, University of Minnesota, www.ipums.org.

Notes: Families refers to the SNAP assistance units. The assistance unit may consist of one or more people. Families with children have at least one member under age 18.

Working families include at least one person with annual earnings.

Appendix D: Insights on sharing personal information at food distributions

Discomfort sharing personal information at food distributions

(Sum of "Not very comfortable" and "Not at all comfortable" sharing...)

