



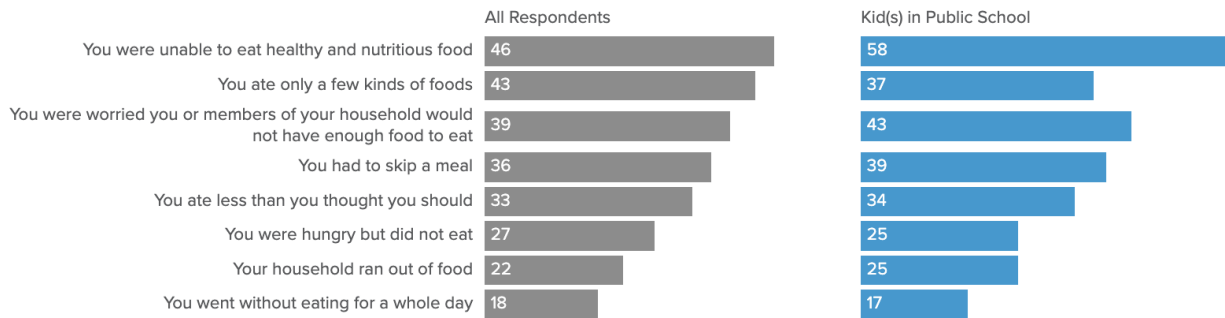
New York City Hunger Survey

New Yorkers Finding it harder to Afford Groceries and Healthy Meals, Want Action from Policy Makers

Hunger in NYC

A new poll from Change Research of 617 adults in New York City conducted April 20-26, 2022¹ shows that many New Yorkers report experiencing hunger in the past 12 months due to lack of money or other resources. A third (36%) of adults report they had to skip a meal at least once. An even more common experience is lack of nutritious food: nearly half (46%) of all respondents say they were unable to afford to eat healthy food. Families with kids in public school were the most likely to be forced to skip meals or to run out of food in the home.

During the last 12 months, was there a time when, because of lack of money or CHANGE RESEARCH[™] other resources:



In the survey, respondents shared their personal experiences with child hunger. Several provided anecdotes involving their own household or family members' experiences that underscore the food-related struggles NYC families are facing.

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“My sister in law hides food in her closet so her 2 children wont eat all of it at once”

(18-34, Bronx)

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“My daughter once ended up in the ER for malnutrition due to lack of food in our home. I was a single mom and it broke my heart like words can't describe”

(35-49, Brooklyn)

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“Sometimes family members don't have three meals a day to eat because of this inflation.”

(50-64, Bronx)

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¹ Using its Dynamic Online Sampling Engine to obtain a sample reflective of the adult population in New York City, Change Research polled 617 people citywide from April 20-26, 2022. The margin of error is 5.0%. Post-stratification weighting was performed on age, race/ethnicity, sex, education, and zip code. Weighting parameters were based on US Census data. You can find full methodology and complete topline results [here](#).

Affording Groceries is Harder than Before

A majority (62%) of New Yorkers say it is harder to afford groceries for their household than it was before the COVID-19 pandemic.

Households with at least one child in NYC’s public schools have been especially hard-hit in the past two years, with a full two-thirds (67%) saying it is now harder to afford groceries. Respondents cite inflation and higher prices outpacing incomes as the issues underpinning the increased difficulty of affording food.



“I went to the supermarket to buy food to last a week and due to prices increasing I had to buy no name brands, reduce meat and vegetables.”

(50-64, Brooklyn)

“I have to buy unhealthy food [due] to price increase, pantries have nothing but potatoes, carrots, and cabbage... When you can find one.”

(35-49, Queens)

“Earning low wages and having to pay more than a third in rents. The price of goods and services have gone up”

(50-64, Manhattan)

Living on the Margin

Many New Yorkers are just one emergency away from facing difficulty buying groceries or paying their bills. Two-thirds (67%) of respondents say they would be worried about their ability to buy groceries or pay bills if faced with the unexpected loss of two weeks’ income. Among parents, this number is even higher (76%).

If you were faced with the unexpected loss of two weeks’ worth of income, how worried would you be about your ability to buy groceries or pay your bills? CHANGE RESEARCH™



Nearly half (48%) of those who say they are very worried about their ability to buy groceries and pay bills if faced with two weeks’ lost income would NOT know where to go for food assistance if they needed it.

Addressing the NYC Hunger Crisis

An overwhelming majority (85%) of New Yorkers agree that ending childhood hunger should be a top priority for elected officials in New York. Similarly, 79% agree that elected officials in NYC should do more to help families put food on the table.

Among policies that would help address the hunger crisis in NYC, school-based meal programs enjoy wide support: 87% support expanding access to school-based programs that provide meals to children and families, like Grab-and-Go Breakfast and breakfast delivered to the classroom. NYC policymakers should consider this and other popular policies that would make a difference in reducing the real struggle that New Yorkers—especially those households with children—are facing when it comes to hunger and access to nutritious food.