



Texas Hunger Survey

Texans are Struggling with Hunger, Want Bipartisan Action From Elected Officials; Parents, Rural Texans Hit Hardest, But Even Middle Income Households Are Facing Food Insecurity

Hunger in Texas

A new poll from Change Research of 1,061 Texas adults conducted January 2-8, 2023¹ shows that many Texans experienced hunger in the past 12 months due to lack of money or other resources. More than a third of adults (37%) report one or more symptoms of food insecurity in the last year. Even those with middle incomes are facing hunger: one in three respondents (33%) with annual household incomes between \$50,000 and \$100,000 reported food insecurity. (Texas's median household income is [\\$67,321](#).)

Select all that apply. During the last 12 months, was there a time when, because of lack of money or other resources:

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	All Adults	Parents of Kid(s) in Public School	\$50k-\$99k	Rural Texans
You were unable to eat healthy and nutritious food	22	28	19	27
You were worried you or members of your household would not have enough food to eat	21	26	18	25
You ate only a few kinds of foods	19	23	16	23
You had to skip a meal	14	16	9	17
You ate less than you thought you should	13	14	10	15
You were hungry but did not eat	13	12	7	19
You went without eating for a whole day	8	8	5	10
Your household ran out of food	8	10	4	11
None of these	63	60	67	56

Parents and rural Texans are really struggling. Two in five (40%) parents and 44% of rural respondents experienced one or more indicators of food insecurity in the past year, and a quarter (26% of parents, 25% of rural Texans) worried that their household would not have enough to eat. In the survey, respondents provided anecdotes showcasing current challenges around food and hunger in their own households.

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Things have gotten so bad that I had to rely on a food bank for the first time in my life. It was the only way we could get groceries for our family. We are a hard working family but the expenses are out of hand.

(35-49 Male, Dallas County)

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I desire to cook healthy meals for my children. My children love asparagus, meatloaf, and noodles. But for just 2 lb of asparagus, it would cost \$8. Plus \$14 for 2 lb of ground beef, \$7 for noodles. That's a total of \$29 for just one meal! Alternatively, for just \$12, I can order a 20 piece chicken nugget meal with two large fries. At the end of the day, only one option is affordable.

(35-49 Female, Collin County)

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I can barely afford to feed my five-year-old daughter three meals a day so I go without so she can eat. And I am in the threshold based on income where I make too much monthly for help but don't make enough to get by.

(35-49 Male, Tarrant County)

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¹ Using its Dynamic Online Sampling Engine to obtain a sample reflective of the adult population in Texas, Change Research polled 1,061 people statewide from January 2-8, 2023. The margin of error is 4.0%. Post-stratification weighting was performed on age, race/ethnicity, sex, education, and region. Weighting parameters were based on US Census data. You can find methodology details and topline results [here](#).

It's Getting Harder and Harder to Afford Groceries

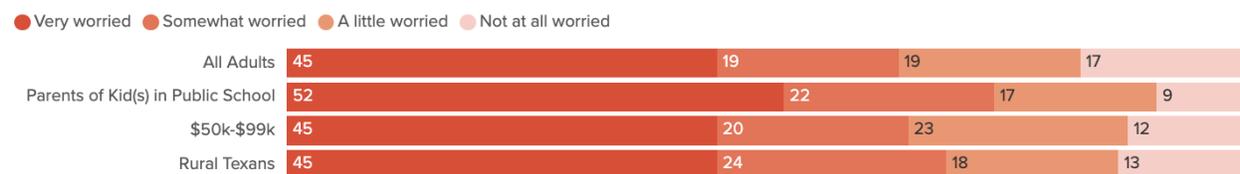
Nearly three-quarters (73%) of Texas adults are having a harder time affording groceries now compared to early January 2022. The rising cost of food and other essentials (e.g. utilities, clothing, rent, gas, etc.) are the most frequently cited reasons it's gotten harder to put food on the table. Parents and rural Texans in particular report having to make tough decisions, with nearly one in three (30%) parents and one in four (26%) rural Texans saying they had to decide between purchasing food versus another necessity at some point in the past year.

Living on the Margin

Many Texans are just one emergency away from facing hunger. A large majority (64%) of respondents say they would be worried about their ability to buy groceries if they had an unexpected \$1,500 expense like a car repair or medical bill. Among parents and rural Texans, this number is even higher at 74% and 69%, respectively. Even those with middle incomes are not far from hunger: Two-thirds (65%) of adults with middle incomes would worry about their ability to buy groceries if faced with one of these events.

If you were faced with an unexpected expense, like a \$1,500 car repair or medical bill, how worried would you be about your ability to buy groceries for your household?

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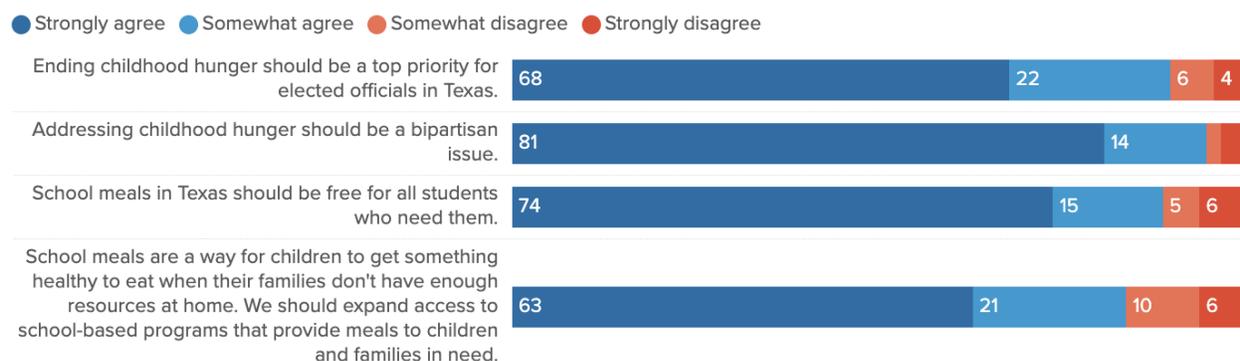


Texans Want Action to Address Hunger

The overwhelming majority (90%) of Texans agree that ending childhood hunger should be a top priority for the state's elected officials, and 95% say that addressing childhood hunger should be a bipartisan issue.

Do you agree or disagree with the following statements?

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Among policies that would help address the hunger crisis, the vast majority of Texans support providing school meals at no cost for all students who need them (89% agree) and expanding access to school-based meal programs (84% agree). Elected officials in Texas should consider these and other popular policies that would make a difference in reducing the real struggle that Texans are facing when it comes to affording groceries and providing enough nutritious food for their families.