

2025 Texas Hunger Survey



Food Costs Continue to Rise, Forcing Trade-Offs and Damaging Finances

A recent poll¹ conducted by Change Research on behalf of No Kid Hungry Texas finds that grocery affordability continues to strain Texas households. An overwhelming 85% of respondents say food costs are increasing faster than their earnings, [up slightly from 81% in July 2024](#).

Texans are making difficult trade-offs between food and other essentials. Seven-in-ten (71%) adults and more than three-in-four (78%) families (respondents living with children 18 and under) are having to choose between buying enough nutritious food and affording other essentials. Public school families (respondents living with K-12 public school students) and households with lower incomes (less than \$47,768 per year) are especially likely to be making trade-offs, and three-quarters of middle-income households (between \$48,000 and \$97,500) are making tough choices due to food costs.

Select all that apply. In the past 12 months, have you had to choose between buying enough nutritious food for your household and:

	All	All Families	Public School Families	Lower Income	Middle Income
Saving for retirement	41	47	50	36	42
Getting health care or medical treatment (including medicine) for you or your child	40	46	49	50	45
Paying for gas, a car repair, or transportation	39	46	50	57	44
Paying a utility bill	36	42	45	56	40
Buying clothing or other basic essentials for you or your child	33	44	47	47	32
Paying your rent or mortgage	31	35	39	49	32
Paying/saving for education expenses	26	39	43	27	29
None of these	29	22	16	15	25
AT LEAST ONE OF THESE	71	78	84	85	75

Rising food costs are causing major damage to Texans' financial well-being. Two-thirds (68%) of respondents agree with the statement, "Due to the cost of food, my household's debt (which may include credit card debt) has increased over the past 12 months." Families are hit even harder (72% agree), with some describing the buy-now-pay-later services they use to afford groceries. Many parents report going without food so their children can eat nutritious meals and the physical and emotional strain they experience due to rising food costs.

Some days I feed my kids and not myself. Food has gotten extremely expensive and almost unaffordable. My job has cut hours and I'm struggling trying to find another job to compensate for the missing income.

(Black Mom, 18-34, Dallas County)

I have had to use payments like Affirm or Zip in order to have any food in the house. If I didn't do that I wouldn't have been able to feed my family! Which is leading me more into debt and depression and stress and anxiety.

(Hispanic Dad, 18-34, Brazoria County)

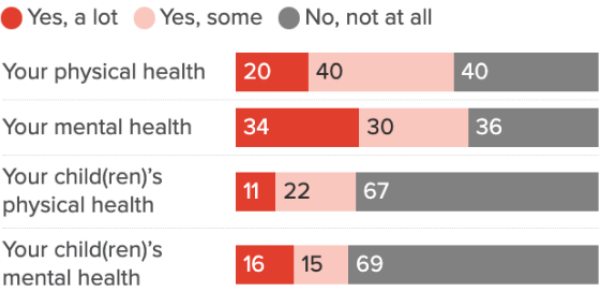
¹ Using its Dynamic Online Sampling Engine to obtain a sample reflective of the adult population in Texas, Change Research polled 1,062 people statewide from September 16-22, 2025. The modeled margin of error is 3.8%. Post-stratification weighting was performed on age, race/ethnicity, sex, education, region, and 2024 presidential vote choice. See full methodology details [here](#).

Alarming Impacts on Families’ Physical and Mental Health

Nationally, [a recent AP-NORC poll](#) shows that most Americans are stressed about grocery costs. In Texas, our polling shows this stress is impacting families’ health, especially mental health, with 64% saying that their mental health has suffered due to the cost of food.

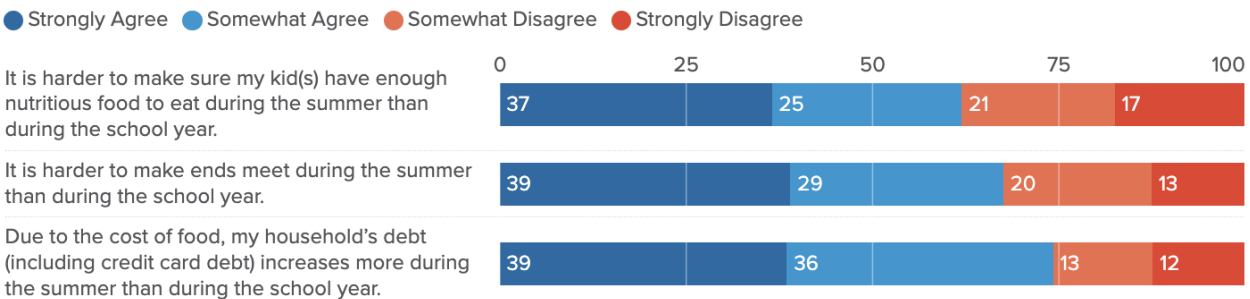
An alarming number of children are impacted, too: 33% of respondents living with children say their children’s physical health has suffered, and 31% say their children’s mental health has suffered.

In the past 12 months, has the following suffered due to the cost of food? [FAMILIES]



Summertime is Especially Difficult For Families

Many Texas families struggle to afford enough food during the summer, more than during the school year when children receive school meals. The majority (62%) say they struggle to make sure their children have enough nutritious food when school is out, and two-thirds (68%) say it is more difficult to make ends meet in summer. Three-quarters (75%) take on more debt during the summer than during the school year.



Strong Support for Summer EBT, Demand for Bipartisan Action on Hunger

The federal Summer Electronic Benefits Transfer (Summer EBT) program addresses summer food hardship, allowing families to receive \$120 per child in grocery benefits on an Electronic Benefit Transfer card to purchase food for each school-age child who is eligible for free or reduced-price school meals.

Most Texans want Texas to say ‘yes’ to Summer EBT. 80%—the vast majority of Texas’s adult population—would like the state to participate in this federal program, and 59% say Texas should definitely participate. Support for the program was found across the political spectrum, including 99% of self-identified Democrats, 87% of independents, and 59% of Republicans. Two-thirds (67%) disagree with Gov. Abbott’s decision to veto the bipartisan budget measure that would have allowed Texas to participate.

Across the partisan spectrum, Texans want their elected officials to take action on hunger. Nearly all (94%) respondents agree that child hunger should not exist in Texas, and 89% believe that ending childhood hunger should be a bipartisan goal. More than eight-in-ten (82%) would like to see elected officials in Texas do more to end childhood hunger.

Do you agree or disagree with the following statements? [% Agree]

