

Poverty and Food Insecurity in NYC

By: Kristi Barth

The prevalence of poverty is abundant, especially in New York City. According to the statistics, 21% of the population living in NYC are living below the federal poverty line, with 51% of the population having the burden of rent. That means that at least 30% of income being made is solely used to pay rent. One common relation that poverty has is with the connection to food insecurity. These two terms go hand in hand knowing that this becomes an important issue because everyone needs to eat. Poverty is not the only determinant for being food insecure, but it is definitely a top reason.

Without having the proper funds, some residents may find themselves scrambling through their wallets to find money for their next meal. Thankfully, there have been attempts to assist those in need in NYC who do not make enough money. The goal is to reduce the amount of residents who are food insecure, and programs such as food banks and the federal government assistance such as Supplemental Nutrition Assistance Program (SNAP) are some solutions to help this ongoing issue.

According to the United States Department of Agriculture (USDA) in 2015, nearly 48.1 million US residents (15.1%) are food insecure, which is a serious health issue. This in essence means that food is not available to this population at all times to sustain an active, healthy life. Income plays an important role for those who are food insecure. Food insecurity often leads to nutrition consequences such as higher obesity rates, as well as poorer health conditions due to the fact that healthy choices are not being made, and fast, cheap, convenience foods are the food of choice being consumed.

It is important to become aware of the issue of food insecurity and poverty in the city we live in, as well as helping others become aware. There are many ways to get involved within the communities to assist in reducing the amount of people who are unable to determine when their next meal will be, or how they will be able to come up with the means to get food. Donating food can make an impact on individuals lives, as well as volunteering at a food bank or soup kitchen. There are enough resources that could help residents get by, and informing those in need of food could potentially be helpful.

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