



# Hunger in Indiana 2024

A data-driven  
profile on Hoosiers  
facing Hunger



PARTNER STATE  
ASSOCIATION OF  
**FEEDING  
AMERICA**

## METHODOLOGY

Between Oct. 14 and Nov. 7, 2024 Feeding Indiana's Hungry surveyed 977 neighbor households served by its network. We believe this to be a representative sample of households our member food banks and their agencies served during the same period. It is important to note that not every respondent answered every survey question. Thus, for transparency, we provide percentages and response shares for each statistic.

## ABOUT FEEDING INDIANA'S HUNGRY

**Feeding Indiana's Hungry is the statewide association of Feeding America affiliated food banks. Member food banks include:**

Food Bank of Northwest Indiana, Merrillville  
Food Bank of Northern Indiana, South Bend  
Food Finders Food Bank, Inc., Lafayette  
Community Harvest Food Bank of Northeast Indiana, Ft. Wayne  
Second Harvest Food Bank of East Central Indiana, Inc., Muncie  
Terre Haute Catholic Charities Foodbank, Terre Haute  
Gleaners Food Bank of Indiana, Indianapolis  
Hoosier Hills Food Bank, Bloomington  
Tri-State Food Bank, Inc., Evansville  
Dare to Care Food Bank, Louisville, KY  
Freestore Foodbank, Cincinnati, OH

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## EXPERIENCE WITH CHARITABLE FOOD ACCESS

When asked how often they expect to need to seek help from Indiana's food banks in the next 12 months, **76% (or 731/967)** said they would need help as often or more often than in the past 12 months, with 32% (or 306/963) of these households saying they would need help more often.



NEARLY TWO THIRDS OF HOUSEHOLDS (66% OR 621/944) RESPONDING TO THE SURVEY REPORTED THAT THEY ARE NOT CURRENTLY PARTICIPATING IN SNAP. OF THOSE WHO REPORTED THAT THEY HAVE NEVER APPLIED FOR SNAP, 50% (OR: 113/227) SAID THEY DID NOT APPLY BECAUSE THEY THOUGHT THEY WERE NOT ELIGIBLE. FOR THOSE WHO REPORTED THAT THEY ARE CURRENTLY PARTICIPATING, **NEARLY TWO-THIRDS (64% OR 177/280) REPORT THAT THEIR SNAP BENEFITS ARE EXHAUSTED IN TWO WEEKS OR LESS EACH MONTH.** FOR THOSE WHO HAVE RECEIVED BUT LOST BENEFITS, 34% (OR 136/400) REPORTED IT WAS BECAUSE THEIR INCOME WAS TOO HIGH; 26% (OR 102/400) REPORTED THAT TIME RAN OUT OR THEY MISSED THE RECERTIFICATION DEADLINE.

## TRADEOFFS AND COPING STRATEGIES

### AT SOME POINT IN THE PAST YEAR:



**68%** 648/948

CHOSE BETWEEN AFFORDING FOOD OR AFFORDING UTILITIES



**58%** 545/948

CHOSE BETWEEN AFFORDING FOOD OR AFFORDING RENT OR MORTGAGE



**71%** 667/948

CHOSE BETWEEN AFFORDING FOOD OR AFFORDING TRANSPORTATION OR GAS FOR THEIR CAR



**31%** (298/948)

CHOSE BETWEEN AFFORDING FOOD OR AFFORDING EDUCATIONAL EXPENSES



**24%** (226/948)

CHOSE BETWEEN AFFORDING FOOD OR AFFORDING CHILD CARE

Food is essential not just for survival but for overall well-being, providing the energy and nutrients needed for the body to function properly. Adequate food intake enhances concentration and productivity and is linked to better mental health. However, food insecurity compromises health and quality of life, leading to malnutrition, chronic illnesses such as diabetes and heart disease, and increased stress and anxiety. Addressing food insecurity is crucial for fostering a healthy, productive, and resilient community.

**HEALTHCARE IMPLICATIONS** • 57% (536/948) of households reported that they had unpaid healthcare bills. • 60% (564/948) had to choose between food or medicine/medical care.

## INCOME AND EMPLOYMENT

Findings also underscored that **the majority of Hoosiers surveyed were working within the past 12 months (55% or 514/932)**. Of those households without current employment (345/932), they reported multiple reasons for not working, with some reporting more than one reason.



### 64% EXHAUST SNAP BENEFITS IN 2 WEEKS

More than half (53% or 181/342) said they were not working because they are ill or disabled; 27% (or 94/342) said they are retired; and others said they were taking care of their home or family (11% or 36/342), going to school (3% or 10/342), or were looking for work or had been laid off (14% or 48/342).

## MORE THAN 1 IN 2 HOOSIERS ARE NOT WORKING BECAUSE THEY ARE ILL OR DISABLED AND UNABLE TO WORK.



## SKIPPING MEALS



### 7 IN 10 HOOSIERS HAVE SKIPPED MEALS THIS YEAR

70% (673/961) OF NEIGHBOR HOUSEHOLDS SERVED BY THE NETWORK OF FEEDING INDIANA'S HUNGRY REPORTED THAT THE ADULTS IN THEIR HOUSEHOLDS **SKIPPED MEALS IN THE PAST YEAR BECAUSE THEY DID NOT HAVE ENOUGH FOOD**, INCLUDING NEARLY HALF (45% OR 302/670) THAT REPORTED DOING SO ALMOST EVERY MONTH OVER THE PAST YEAR.

Consistent access to regular, nutritious meals is vital for maintaining overall health and well-being. **Skipping meals can have serious consequences**, including reduced energy, impaired focus, and a weakened immune system. Over time, these effects can contribute to chronic health problems such as malnutrition, weight imbalances, and an increased risk of conditions.