

FOOD SECURITY CONTINUUM

“Food Security” refers to assured access to enough food at all times for an active and healthy life. At a minimum, food security includes the availability of nutritionally adequate and safe foods, and a guaranteed ability to acquire acceptable foods in socially acceptable ways.

United States Department of Agriculture

----- OPTIONS -----

DEPENDENCE ----- INDEPENDENCE

<ul style="list-style-type: none"> -- Eats at soup kitchens -- Eats at senior meal program 	<ul style="list-style-type: none"> -- Receives home delivered meals -- Eats at homeless shelter
<ul style="list-style-type: none"> -- Eats at soup kitchens (chronic) -- Eats at senior meal program -- Receives food from emergency food pantries (chronic) -- Receives food from WIC Program -- Participates in Summer Youth Food Programs -- Participates in Federal Child & Adult Food Care Programs -- Participates in School Breakfast & Lunch Programs (free/reduced) 	<ul style="list-style-type: none"> -- Receives home delivered meals -- Prepare meals at home -- Shops at grocery store w/FoodShare card -- Participates in supplemental food program -- Receives vouchers for farmers markets
<ul style="list-style-type: none"> -- Eats at soup kitchens (sporadic) -- Eats at senior meal program -- Receives food from emergency food pantries (sporadic) -- Receives food from WIC program -- Participates in Summer Youth Food Program -- Participates in Federal Child & Adult Care Food Program -- Participates in School Breakfast a& Lunch Programs (free/reduced) 	<ul style="list-style-type: none"> -- Receives home delivered meals -- Prepares meals at home -- Shops at grocery store w/FoodShare card -- Participates in supplemental food program -- Receives vouchers for farmers markets -- Shops at grocery store w/own resources
<ul style="list-style-type: none"> -- Eats at senior meal program -- Receives food from WIC program -- Participates in Summer Youth Food Program -- Participates in Federal Child and Adult Care Food Program -- Participates in School Breakfast & Lunch Programs (free/reduced) 	<ul style="list-style-type: none"> -- Receive home delivered meals -- Prepare meals at home -- Participates in supplemental food program -- Receive vouchers for farmers markets -- Shops at grocery store w/own resources
<ul style="list-style-type: none"> -- Eat at senior meal program -- Participates in Summer Youth Food Programs -- Participates in Federal Child and Adult Care Food Programs -- Participates in School Breakfast & Lunch programs (free/reduced) -- Participates in food buying cooperative -- Participates in community gardens 	<ul style="list-style-type: none"> -- Receive home delivered meals -- Prepare meals at home -- Participates in supplemental food program -- Shops at grocery store w/own resources -- Shops at neighborhood farmers market w/own resources
<ul style="list-style-type: none"> -- Participates in food buying cooperative -- Participates in community gardens -- Maintains independent purchase of food -- Provides food for self, family and guests -- Eats at restaurants 	<ul style="list-style-type: none"> -- Prepares nutritious meals -- Shops at grocery store w/own resources -- Shops at neighborhood farmers market w/own resources

INSECURITY ----- SECURITY