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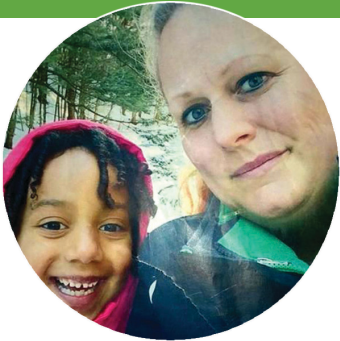
of People in Vermont Are Experiencing Food Insecurity.

Prior to the start of the pandemic, food insecurity rates in Vermont stood at **9.6%**. At the peak of the pandemic, that number increased to **31%** and the number of Vermonters utilizing food assistance increased by **87%** during that period.

During the pandemic...

Families with children were 5.1 times more likely to face food insecurity than those without.

5.1X



“You’re forced to forgo [something] to fix your car, or pay childcare for the week, or to have to pay a bill. You have to neglect something in order to put food on the table.”

~ Lottie, a single mom living in Concord, VT

Households that experienced job disruptions were 3 times more likely to be food insecure than those that didn’t.

3X



“This is really impacting me big time. I had to apply for food stamps so that I could have some way to eat while being on the front lines of the coronavirus.”

~ Tom, a volunteer EMT in Vermont who was out of work during the pandemic

Those who identify as women were 7.3 times more likely to be food insecure.

7.3X



“I collect my social security, that comes third of the week. When that comes in that covers my rent...So I’m afraid to buy food. I’m afraid I don’t have money to pay my electric and my phone bill and TV.”

~ Jo, a retired teacher living in southern Vermont

Niles, Meredith et al. "Home Food Production and Food Security Since the COVID-19 Pandemic" (2021). College of Agriculture and Life Sciences Faculty Publications. 189. <https://scholarworks.uvm.edu/calsfac/189>

Niles, Meredith et al. "Food Security and Assistance Programs in Vermont Before and During COVID-19" (2021). College of Agriculture and Life Sciences Faculty Publications. 187. <https://scholarworks.uvm.edu/calsfac/187>

