

## Responses to Food Security Questions- Vermont Food Security Survey 2024

To: House Chair David Durfee

From: Dr. Meredith Niles, Professor, University of Vermont

Vermont only responses (n=718)

A reminder that this includes an oversampled low-income population. These data do not indicate the overall level of food insecurity in the general population.

Status	Percent
Food Secure	49.02%
Food Insecure	50.98%

	Never	Sometimes	Often
The food that my household bought just didn't last, and I/we didn't have money to get more.	52.2%	29.9%	18.0%
I/we couldn't afford to eat balanced meals.	49.9%	29.2%	20.9%

	Yes	No
Did (you/you or other adults in your household) ever cut the size of your meals or skip meals because there wasn't enough money for food?	42.5%	57.5%
Did you ever eat less than you felt you should because there wasn't enough money for food?	43.7%	56.3%
Were you ever hungry but didn't eat because there wasn't enough money for food?	32.7%	67.3%

How often did you cut the size of your meals or skip meals (among those that answered they cut or skipped meals)

1-2 months	13.7%
Some months, not all	35.2%
Almost every month	51.2%