

## WHAT IS MAP THE MEAL GAP?

Map the Meal Gap, published by Feeding America, is the only study that provides local-level estimates of food insecurity and food costs across the U.S., including within Virginia.

**Recently-released findings based on 2022 data emphasizes a call for all of us to take action now.**

## OVERVIEW

- Food Insecurity Rate in Virginia: 11.1%
- Number of Food Insecure People in Virginia: 963,980
- Child Food Insecurity Rate: 13.6%
- Number of Food-Insecure Children: 252,480



**1 in 7** of Virginia's children are facing hunger in 2022, a **19%** increase from 2019.

## RURAL VIRGINIA'S HIGH FOOD INSECURITY RATES:

Rural areas in Virginia exhibit the highest food insecurity rates, with the following counties most affected:

- Russell County
- Dickenson County
- Lee County
- Buchanan County
- Norton City

## HOW CAN YOU HELP?



**Donate:** Financial contributions can significantly aid food banks in addressing food insecurity.



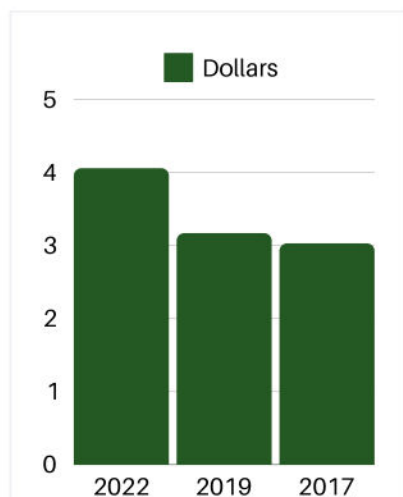
**Volunteer:** Offer your time at local food banks.



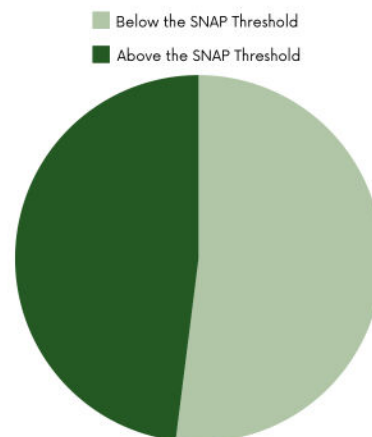
**Advocate:** Support initiatives and policies aimed at reducing hunger.

## INCREASING MEAL COSTS

The average cost of a meal in Virginia has gone up by 34% from 2017 to 2022 and is now higher than the national average. Many Virginians struggle to cover this gap, particularly the 52% of those facing hunger above the SNAP threshold.



Average Meal Cost in Virginia



Population of Neighbors Facing Hunger Living Above or Below SNAP Threshold