



# OREGON HUNGER FACTS

Learn more and get involved at [OregonFoodBank.org](https://OregonFoodBank.org)

## Hunger Fact #1

The rising cost of food and housing is worsening food insecurity in Oregon, Southwest Washington and across the country. **Last year, we saw 1.9 million visits to food assistance sites through the Oregon Food Bank Network – a 14% increase from the previous year.** We are seeing record numbers of visits.

## Hunger Fact #2

The Oregon Food Bank Network is made up of [21 regional food banks partnering with more than 1,400 free food markets, pantries, meal sites and delivery programs](#). **Our strength is this Network, which sourced and distributed over 87 million meals worth of food (104 million pounds) last year** – emphasizing fresh produce, dairy, protein and pantry staples. Many locations are shopping-style markets that allow families to select food that matches cultural and dietary needs. Oregon Food Bank alone sourced and distributed nearly 42 million meals worth of food (50 million pounds) last year.

## Hunger Fact #3

**Food insecurity disproportionately affects specific communities in Oregon, regardless of geography.** Historic inequities and systemic exclusions mean that [Black, Indigenous and Communities of Color, immigrants and refugees, single moms and caregivers, and trans and gender expansive communities](#) are two to three times more likely to face hunger and poverty in our region. By addressing these disparities we can ensure everyone in our state has access to the essential resources we need to thrive.

## Hunger Fact #4

**Today, 1 in 10 people face hunger in rural, urban and suburban communities throughout the state** – not knowing where our next meal might come from. Driven by the ongoing economic fallout of COVID-19 and sunseting pandemic safety nets, the rising cost of food and housing, and entrenched systems that perpetuate poverty, we are in an ongoing hunger crisis and it is not slowing down.

## Hunger Fact #5

Ending hunger starts with community power and a commitment to ending the unfair systems that create unequal access to food. [Through organizing and advocacy](#), we amplify community needs, address the root causes of hunger – from racism to sexism to transphobia – and support policies that put equity first such as supporting the successful effort to win overtime pay for farmworkers. Oregon Food Bank leads [Food for All Oregonians](#), a coalition that envisions an Oregon where all people have access to food no matter where we're born. Thousands of community members regularly demand change – and our advocacy makes a difference: **in the past year, 3,000+ people and 50+ events drove action to advance anti-hunger policy and systems change.**

## Hunger Fact #6

Food banks can stretch a dollar much further than any of us can as individual consumers. The Oregon Food Bank Network partners directly with local farmers, ranchers, manufacturers and grocers to source and distribute food by the truckload. **For every \$10 donated, our Network can support the community with as many as 30 meals – and support our local economy in the process.**

## Hunger Fact #7

Our communities have also struggled through the effects of natural disasters and climate change. Emergencies like wildfires, flooding and ice storms force thousands of our neighbors to leave their homes, shelter in place or lose access to safe food or water each year. The impacts are often felt long after. As part of state disaster response efforts, **the Oregon Food Bank Network is always ready to respond with water, food and other critical supplies through crisis.**

## Hunger Fact #8

Despite our scale, food banks are by no means immune to rising food and fuel prices. **At a time when nearly every aspect of food sourcing and distribution operations face cost spikes of 10% to 30%, the need for continued support is vital!**

## Hunger Fact #9

Because the Oregon Food Bank Network distributes food to over 1,400 food assistance programs throughout Oregon and Southwest Washington, donations stay local to help end hunger and its root causes in the communities we serve, together! **Last year over 38,000 donors collectively gave over \$21 million – with the most common gift of \$25 given over 16,000 times.**

## Hunger Fact #10

[Food justice centers food as a basic human right.](#) It's about communities having power over our own food systems, allowing us to make decisions about what we grow, produce, distribute and consume. By centering food justice in our mission, Oregon Food Bank recognizes the importance of equity, decolonization and systemic change. We are committed to addressing the root causes of hunger. **Together, we can ensure that food remains available to all who need it today – and make the changes needed to end hunger for good!**

*If you or someone you know needs food assistance, know that help is and that all are welcome – no matter where we were born, the identities we hold or the color of our skin. Visit [OregonFoodFinder.org](https://OregonFoodFinder.org) to find free food markets, pantries and meal sites near you!*