2023 STATEWIDE STUDY OF HUNGER IN OHIO

Ohio foodbanks conducted a survey of emergency food distribution visitors from April 14 to May 7, 2023. The survey was anonymous and included 2,087 validated responses from residents of 32.6% of all Ohio zip codes. These findings are representative of the experiences and challenges facing foodbank clients statewide.

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**HOUSEHOLD SNAPSHOT**

*More than 8 IN 10*
- foodbank clients sought help with emergency food because of higher food costs
- 44.3% have at least one member under 18
- 34.7% have at least one member over 60
- 38.1% include at least one disabled member

*Nearly 4 IN 10*
- have at least one member with high blood pressure/hypertension

*More than 1 IN 4*
- have at least one member with diabetes

*More than 1 IN 7*
- have at least one member with heart disease/stroke

**SNAP BENEFIT ADEQUACY**

With pandemic-era SNAP benefits, 3 in 10 SNAP participants said their benefits lasted the full month

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>1 week</td>
<td>(17%)</td>
</tr>
<tr>
<td>2 weeks</td>
<td>(23%)</td>
</tr>
<tr>
<td>3 weeks</td>
<td>(29.6%)</td>
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<tr>
<td>4 weeks</td>
<td>(30.4%)</td>
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Since the end of pandemic-era SNAP benefits, just 5% of SNAP participants said their benefits lasted the full month

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>&lt;1 week</td>
<td>(21.6%)</td>
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<tr>
<td>1 week</td>
<td>(19.8%)</td>
</tr>
<tr>
<td>2 weeks</td>
<td>(34.9%)</td>
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<tr>
<td>3 weeks</td>
<td>(18.6%)</td>
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<tr>
<td>4 weeks</td>
<td>(5.1%)</td>
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More than 3 IN 4 said that, since the end of pandemic-era SNAP benefits, their household’s SNAP benefit is completely used up within the first two weeks each month

**TRADEOFFS & COPING STRATEGIES**

*2 IN 3 (65.5%)*
- households served by foodbanks have adults in their household that cut the size of meals or skipped meals because there wasn’t enough money for food in the last 12 months, including more than

*1 IN 3 (36.6%)*
- that did so almost every month over the last year

When asked about whether they had to choose between paying for food or for other household expenses in the last 2-3 months:

- 68% had to choose between food and transportation/gas
- 66% had to choose between food and utilities
- 55% had to choose between food or medicine/health care
- 50% had to choose between food and housing

- 54% reported feeling down, depressed, or hopeless since March
- 37% said they would rely on us more often in the next 2 months; just 5% said they would rely on us less often

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To learn more about the Ohio Association of Foodbanks, our 12 member Feeding America foodbanks, and their 3,600 local partners in hunger relief serving people in need in all 88 Ohio counties, visit us at ohiofoodbanks.org.