

# FOOD INSECURITY



**Food insecurity is the inability to access, afford, or source healthy, nutritious food to meet one's basic needs.**

01

**Affects 1 in 8 Arizonans.**

02

**Affects 1 in 5 children.**

03

**Increases risk of depression, anxiety, panic and sleep disorders.**

04

**Increases risk of diabetes, obesity, and heart disease.**