Hunger in America 2014 is the largest, most comprehensive analysis of charitable food assistance in America. The study captures information about the scope of services that the Second Harvest Food Bank of Middle Tennessee network provides to clients facing hunger as well as the challenges, barriers and coping methods that these clients experience each day.

Second Harvest Food Bank of Middle Tennessee is a member of the Feeding America network.

- 450+ Agencies in the 46-county service area, representing half the state, operate 838 food programs.
- 37% rely entirely on volunteers.
- 56% increased volume of clients in past 12 months.

Serving 83,000 unique households, 64,000 children, and 47,000 seniors.

Household spending tradeoffs:
- 57% had to choose between food and mortgage.
- 80% had to choose between food and medical care.
- 26% had to choose between food and education.

Household health:
- 71% of households have a member with high blood pressure.
- 38% of households have a member with diabetes.
- 71% of households have a member with a GED or high school degree.
- 23% of clients attained higher education.
- 91% purchase inexpensive, unhealthy food.
- 36% water down food or drinks.

And households report using coping strategies to avoid hunger:

Please visit secondharvestmidtn.org for the full report.