OLDER ADULTS & FOOD INSECURITY IN MISSOURI

Every state is home to seniors who experience food insecurity. For older adults, this can cause poorer health, increased healthcare costs, more chronic diseases, and even lower life expectancies. Without action to address this problem more than 7 million seniors in the U.S. may be food insecure by 2050.

5.5 MILLION SENIORS
IN THE U.S. AGED 60+
FACED HUNGER IN 2021

1 OUT OF EVERY 8
MISSOURI SENIORS STRUGGLE
TO HAVE ENOUGH FOOD

HOUSEHOLDS WITH SENIORS

- Seniors and older adults who have a grandchild in the household experience food insecurity at higher rates than those without a grandchild present.
- In 2021, food insecurity was 2.2 times higher for seniors residing with a grandchild.
- In households with limited economic resources, children are often shielded from food insecurity by adults, so seniors and older adults may ensure the food insecurity of their grandchildren at the expense of their own dietary needs, while they are also experiencing the stress of caregiving responsibilities and limited financial resources.

FOR AGE 60+, AN ESTIMATED
71%
OF ELIGIBLE SENIORS
DID NOT RECEIVE SNAP

IN 2018, ONLY
25.3%
OF MISSOURIANS AGE 50+, IN
HOUSEHOLDS WITH INCOME LESS
THAN 200% OF THE FEDERAL POVERTY
LINE, PARTICIPATED IN SNAP