

# 2025 Hunger Report Briefing

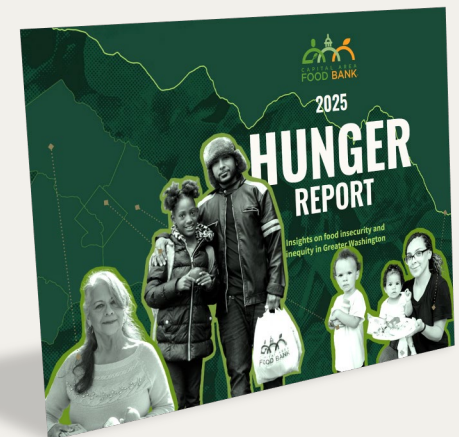
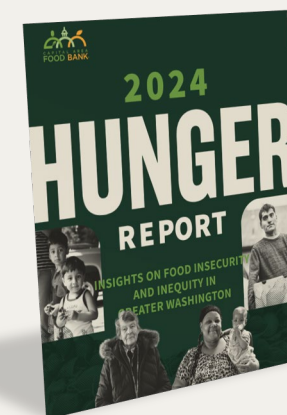
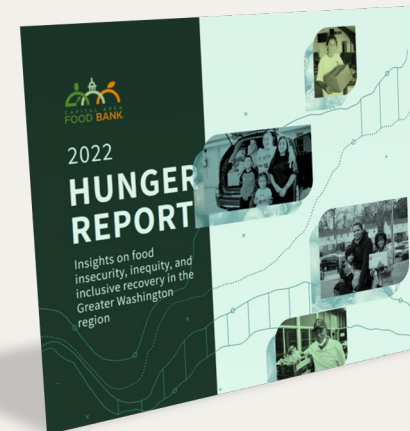
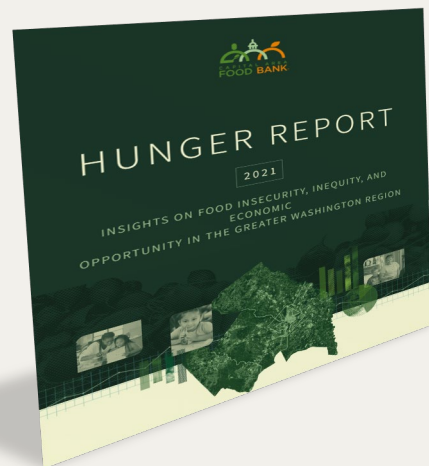
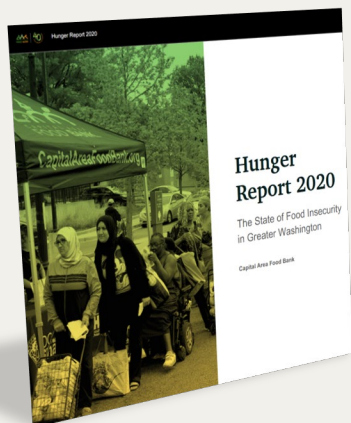
Hilary Salmon, Senior Director of Marketing & Communications

Sabrina Tadele, Senior Director of Strategic Initiatives



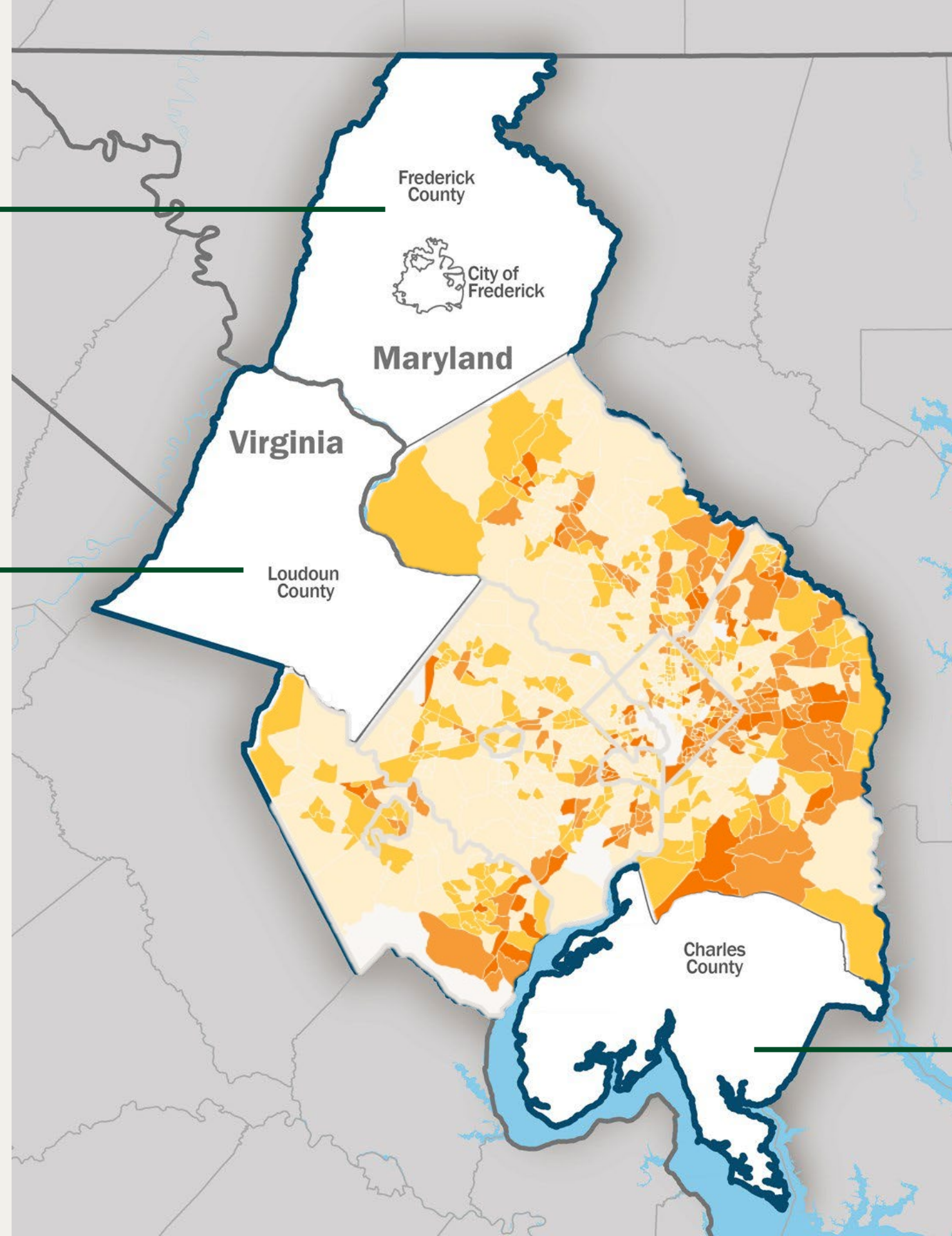
# Hunger Report Overview

- CAFB has published a Hunger Report **every year since 2020**
- These reports offer **unique insights on the landscape of food insecurity** and underlying household economics in our region
- We conduct **general population surveys** (n = 4,000 on average) with trusted research partner **NORC** at the University of Chicago
- The Hunger Report is referenced by a **range of stakeholders**, including media, policymakers, regional economic development stakeholders, academia, and other nonprofits
- We **engage directly with clients** in the research, narrative-building, and story-telling of the report





# MWCOG's & CAFB's Service Areas



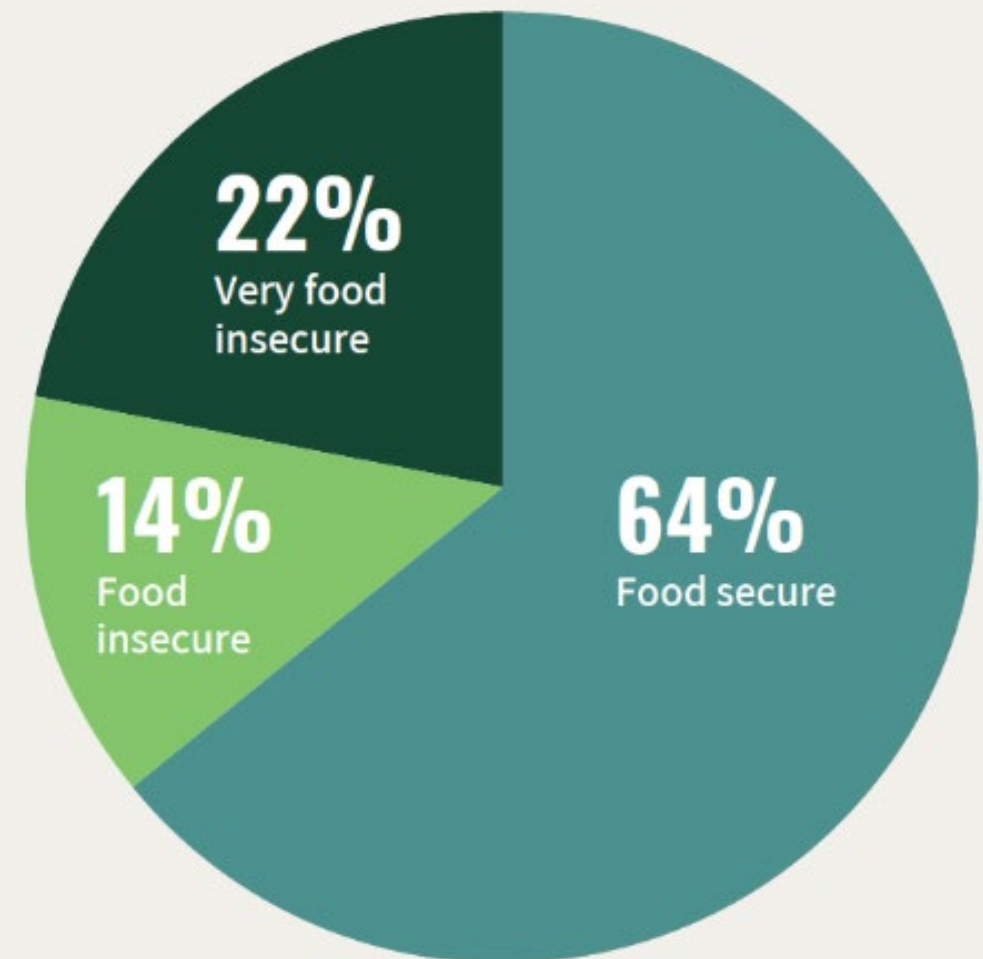


## Key Finding #1:

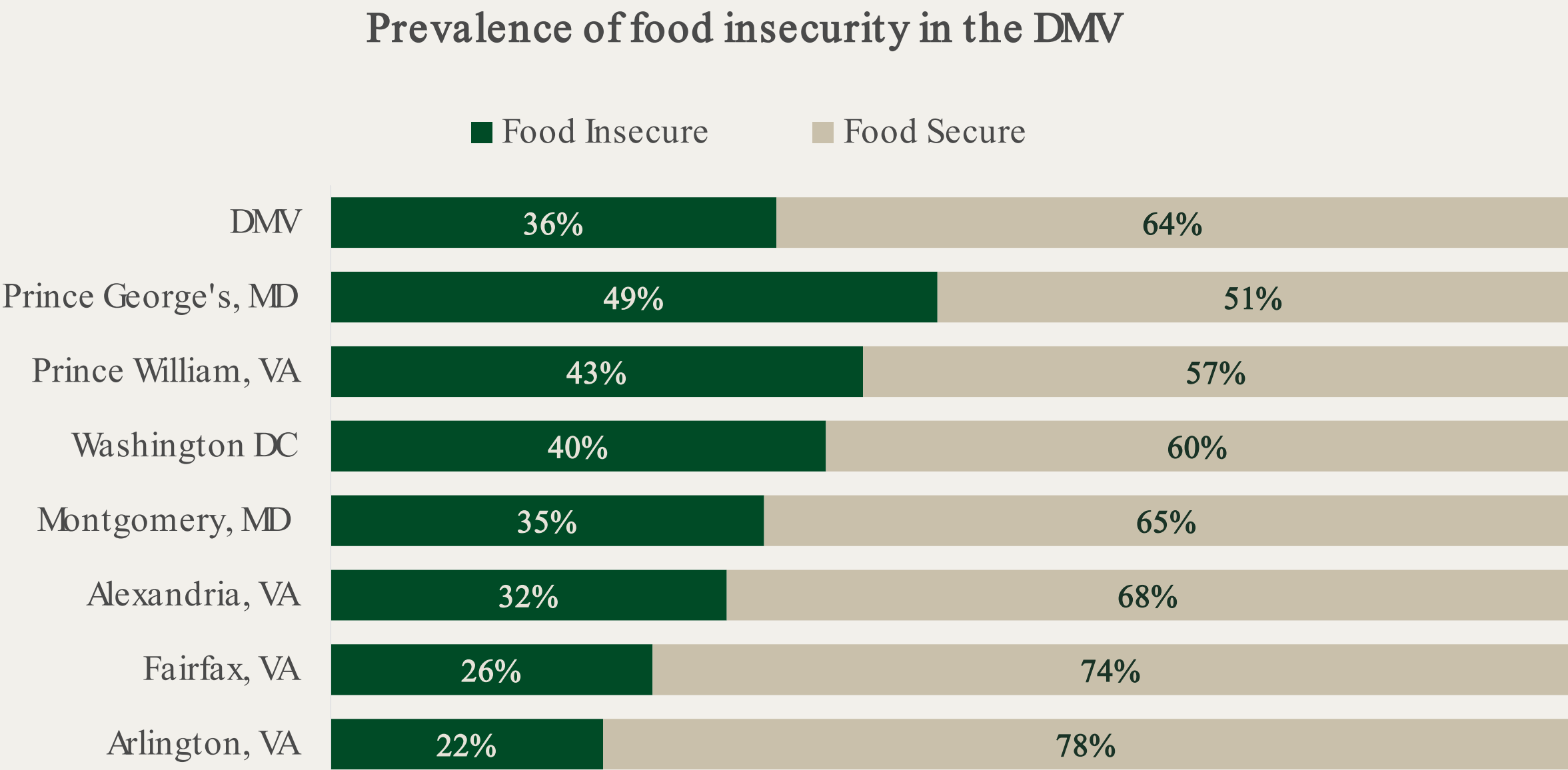
# Food insecurity remains elevated across Greater Washington

- As of June 2025, when the survey was fielded, **36% of households in the DMV experienced food insecurity**—nearly unchanged from 37% in 2024, but up from 32% in 2023
- **High rates have persisted across all geographies, races, and income groups**, following a sharp rise in 2024

## Prevalence of food insecurity in the DMV

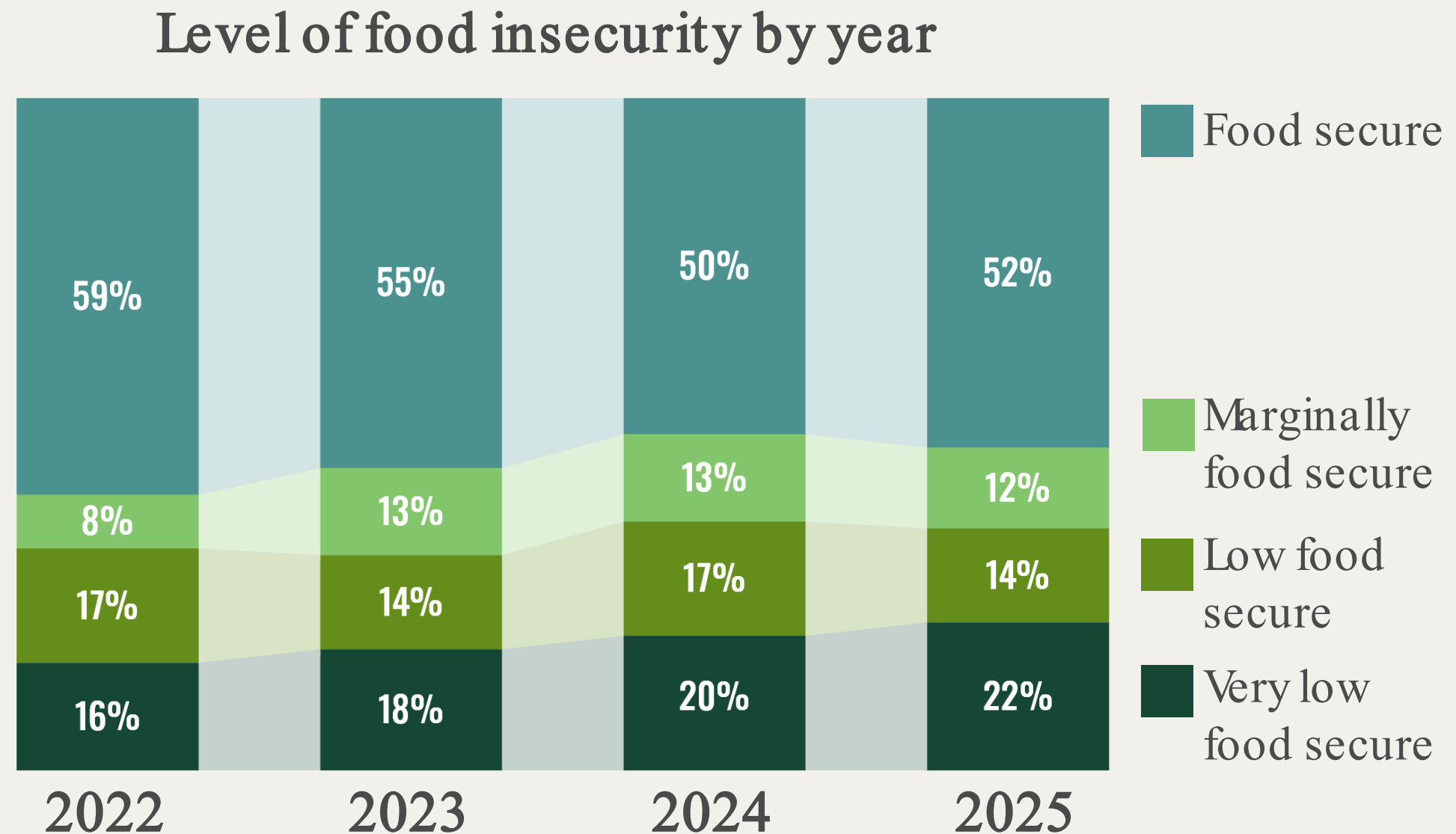


Key Finding #2:  
At the county level, food insecurity varies from 22% to 49%



# Key Finding #3: Very low food security, the most severe status, now affects over 820,000 people in the DMV

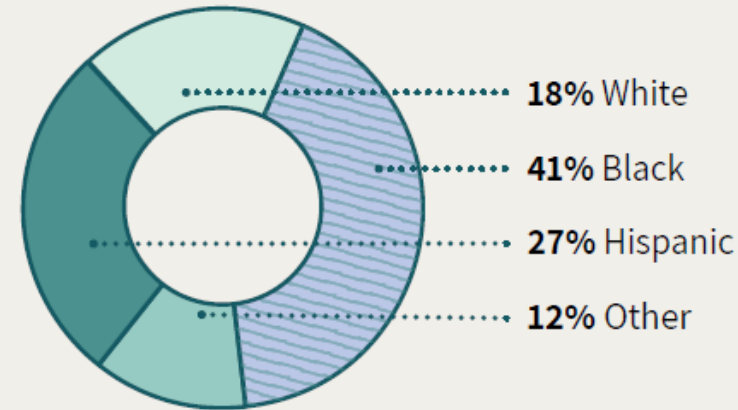
- **Very low food security** is the most severe form of food insecurity, where people face disrupted eating and reduced food intake
- This category grew from **16% to 22% in 4 years**
- **Over 820,000 people** are now in this category, up about 75,000 each year



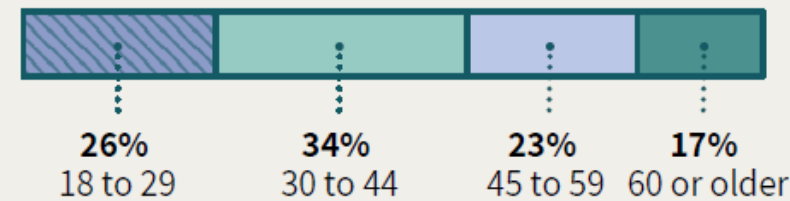
Key Finding #4:  
Food insecurity  
disproportionately  
affects people of  
color, women, and  
households with  
children

## FOOD INSECURE

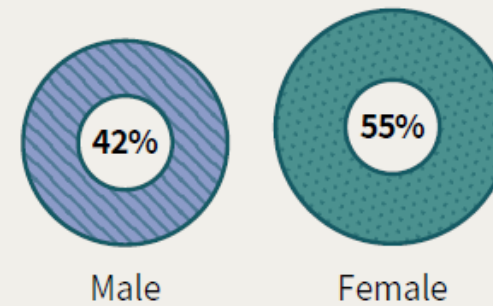
RACE



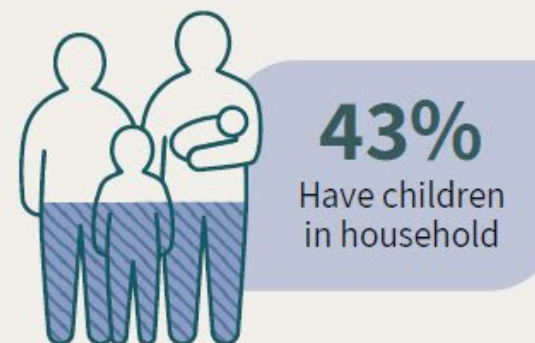
AGE



GENDER

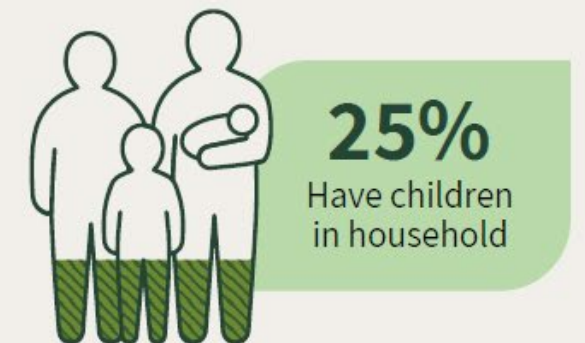
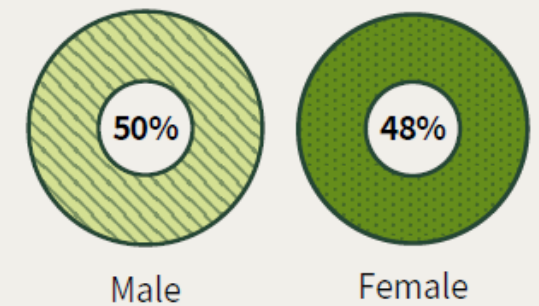
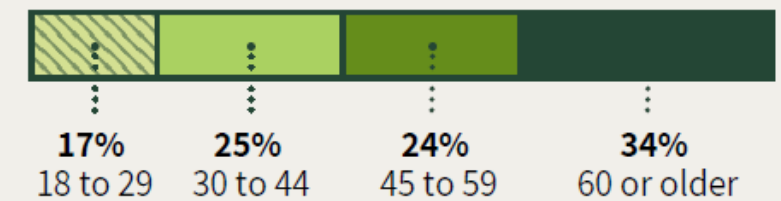
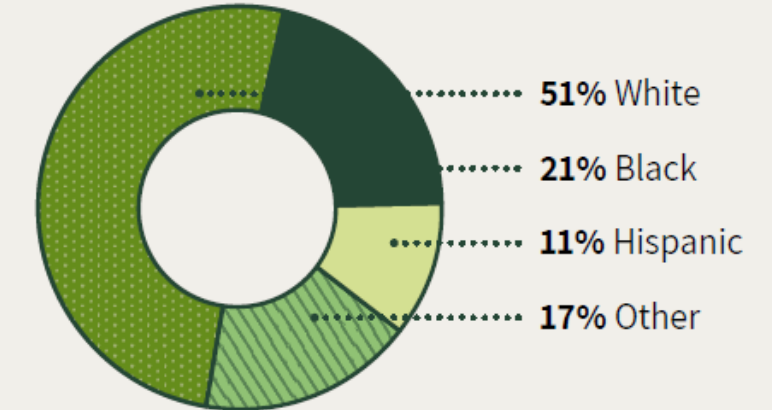


CHILDREN

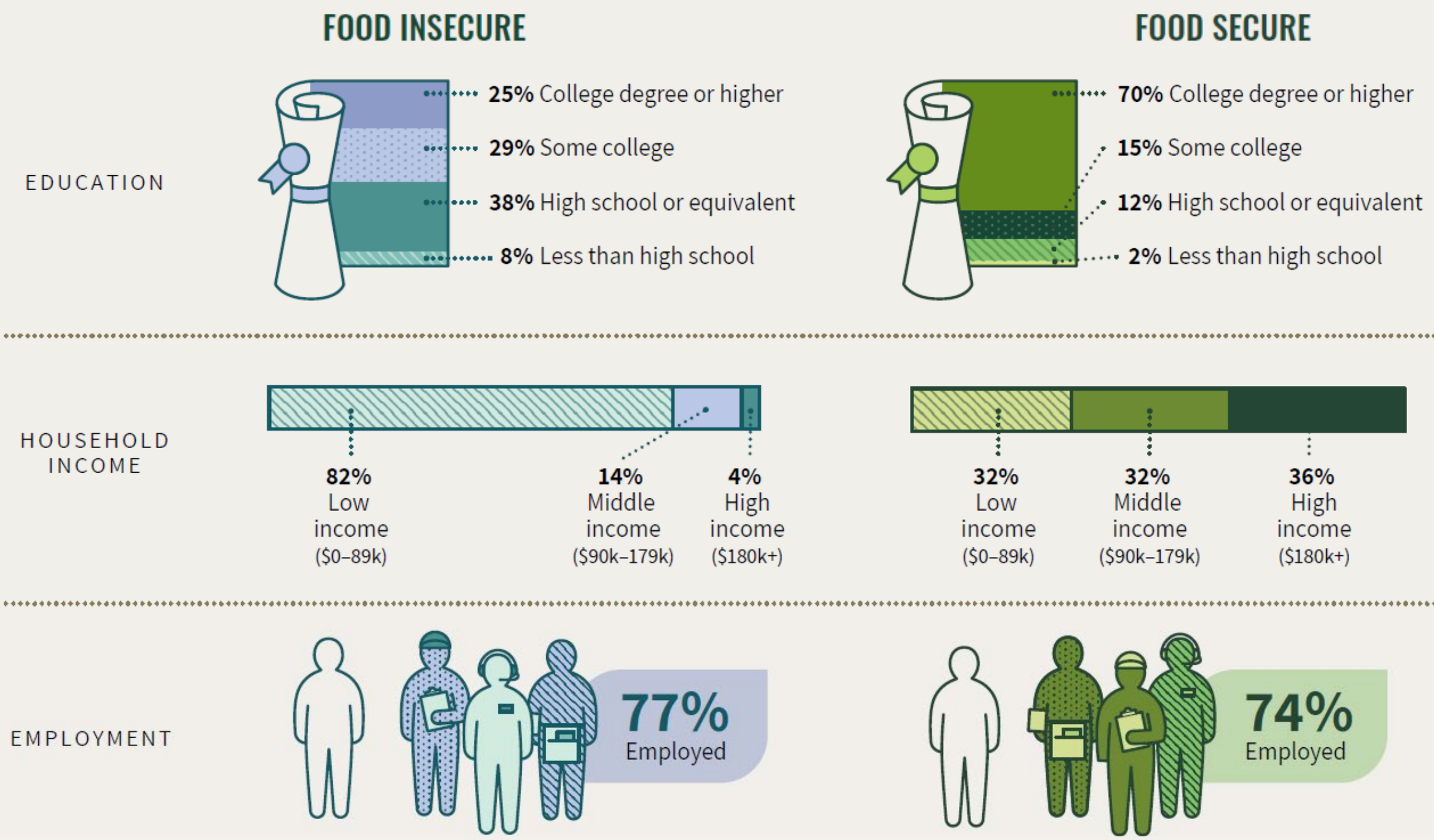


## FOOD SECURE

51% White  
21% Black  
11% Hispanic  
17% Other



Key Finding #5:  
The majority of food insecure people are  
educated and employed but still have low wages





# Federal downsizing is contributing to a new wave of food insecurity

Estimated employment losses in the DMV due to federal government contraction  
May 2025



**14,500**

FEDERAL RIFS<sup>1</sup>

Sources: Office of Personnel Management;  
U.C. Census; CNN Reporting.



**3,240**

FEDERAL CONTRACTOR  
LAYOFFS<sup>2</sup>

Sources: WARN notices in CAFB's service  
area; General Services Administration.



**11,250**

FORK-IN-THE-ROAD  
SEPARATIONS<sup>3</sup>

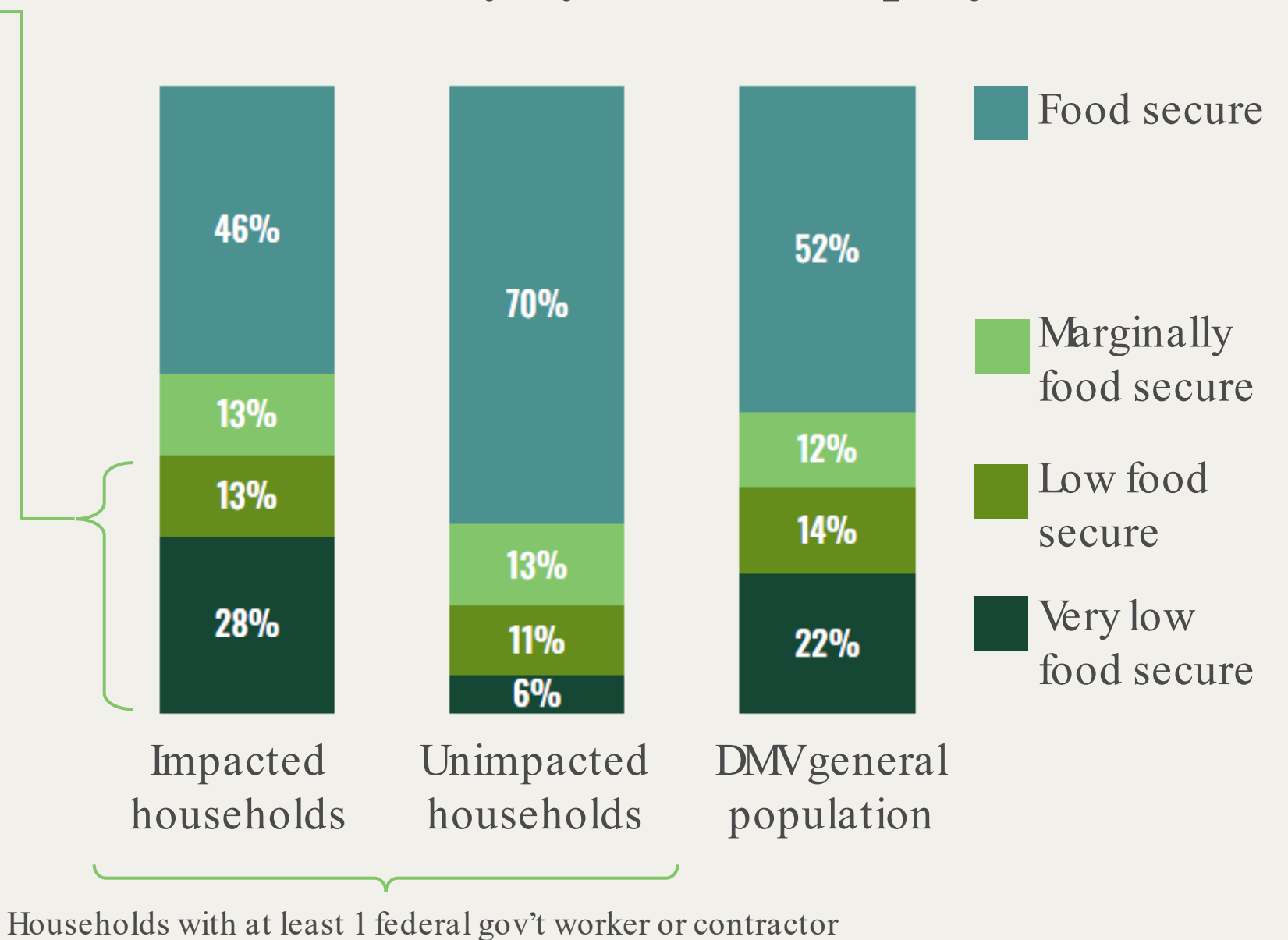
Source: Office of Personnel Management.

## Key Finding #6:

# 41% of households impacted by federal spending cuts are now facing food insecurity

- 41% of households affected by federal job losses are **already food insecure**
- Of these, **over two-thirds** are in the most severe category, “**very low food security**”
- Over half of impacted households have **low or no confidence in finding another job that pays similar wages**.

## Food insecurity by federal employment status



# As savings deplete among households impacted by cuts, food insecurity could climb

**HIGH INCOME  
WORKER**



**MIDDLE INCOME  
WORKER**



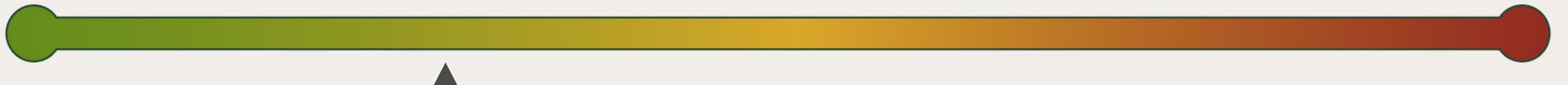
**DOUBLE-LAID  
OFF HOUSEHOLD**



**SERVICE  
WORKERS**



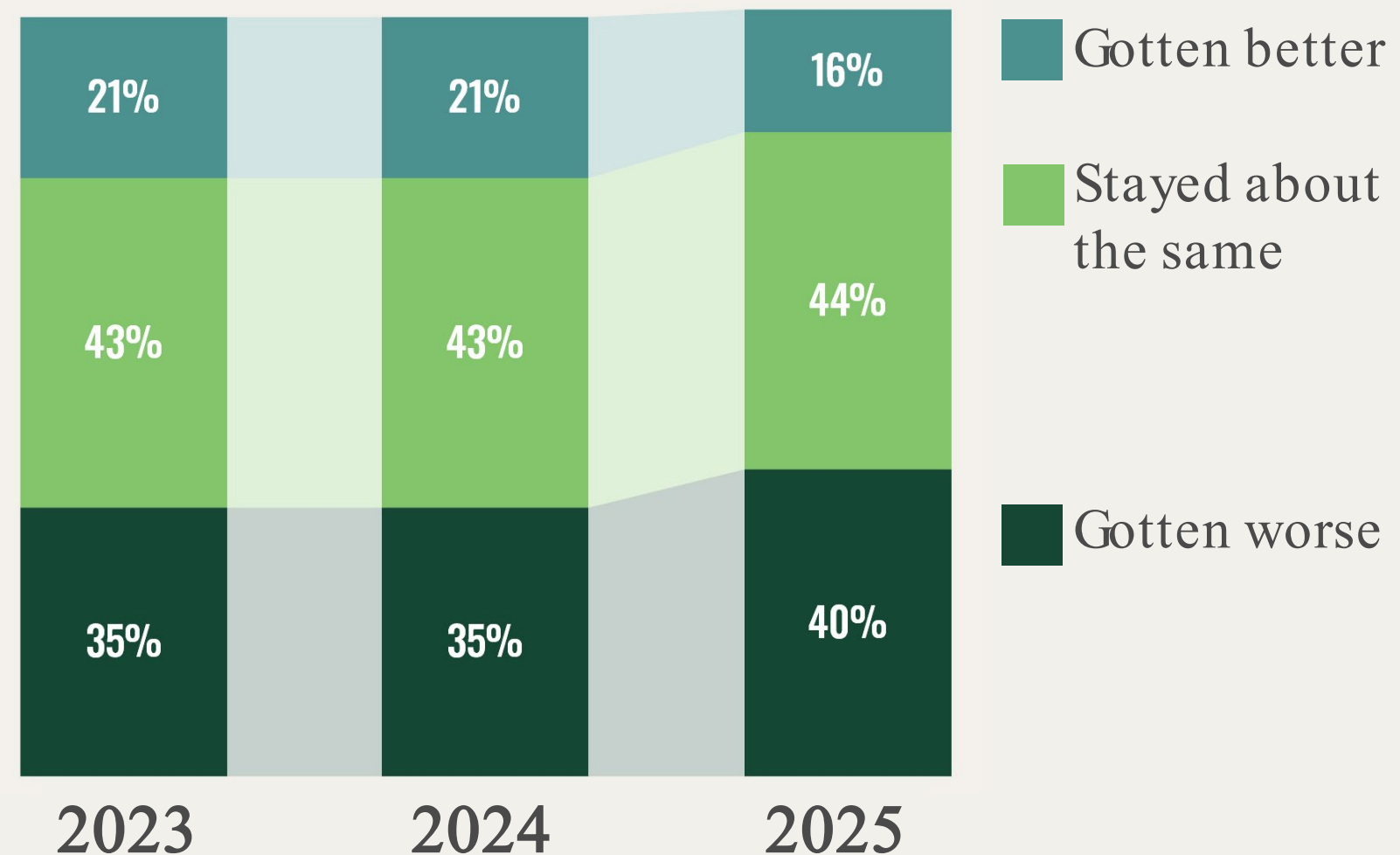
**LOW-WAGE  
CONTRACTOR**



# Key Finding #7: An increasing share of households are reporting that their finances are getting worse

- The 2025 survey found that **40%** of adults **reported their finances are worsening** compared to last year.
- This is **up from 35%** the last two years.
- **Only 16%** of adults reported improvement.

Change in DMVhouseholds' financial  
situation in past 12 months

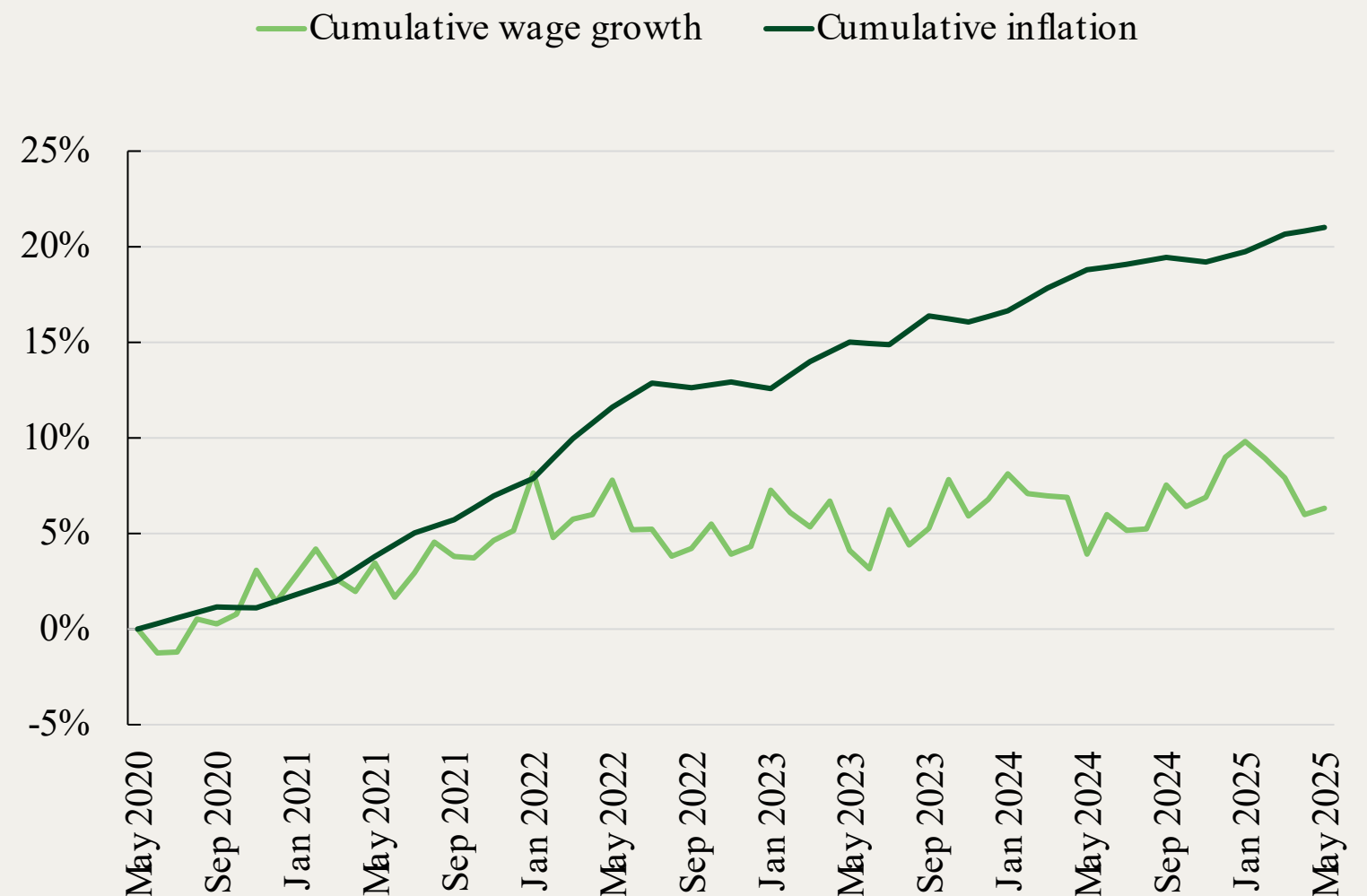




# Key Finding #8: In the DMV, wage growth is lagging inflation over time

- Food insecurity has stayed high **despite strong GDP** and **low unemployment**
- Since May 2020, the cumulative growth in regional CPI is **21%**, compared to just **6%** in cumulative wage growth
- **Real wages in the DMV have fallen** faster than the national average

**Cumulative inflation and wage growth in the DMV**

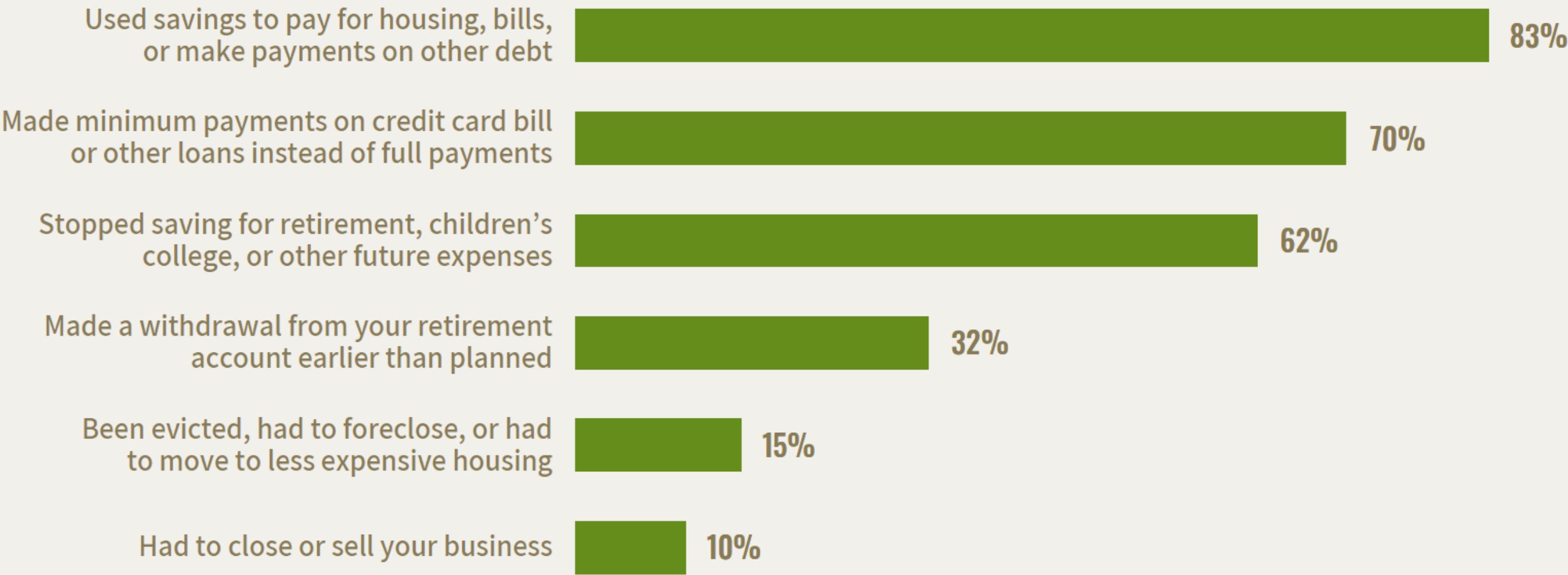


Sources: Bureau of Labor Statistics; Federal Reserve Bank of St. Louis

Key Finding #9:

# Food insecure people are turning to a range of financial coping mechanisms in response

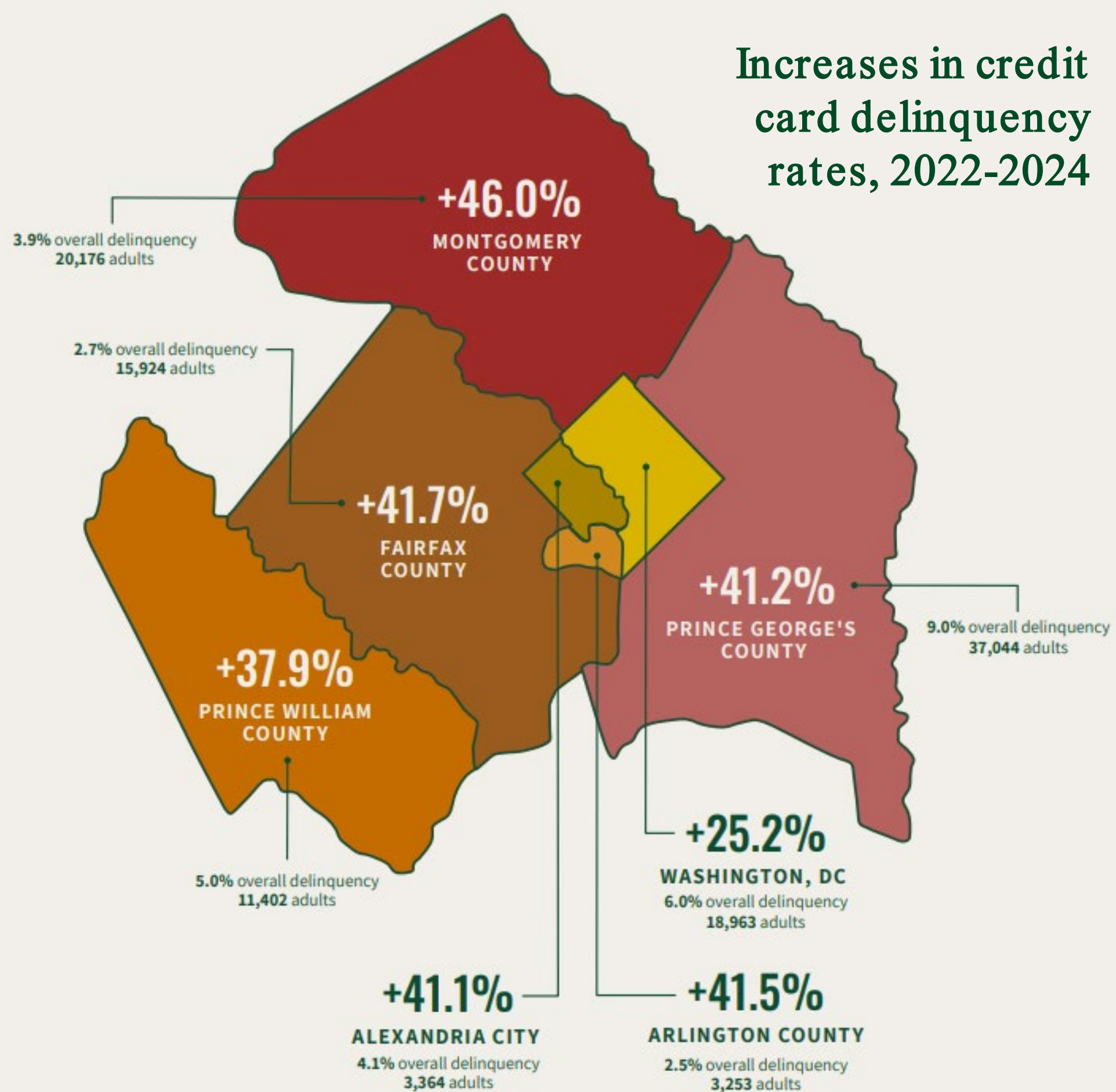
Share of food insecure residents using financial coping mechanisms



Key Finding #10:  
Credit card  
delinquencies  
across the DMV  
have risen  
sharply from  
2022-2024

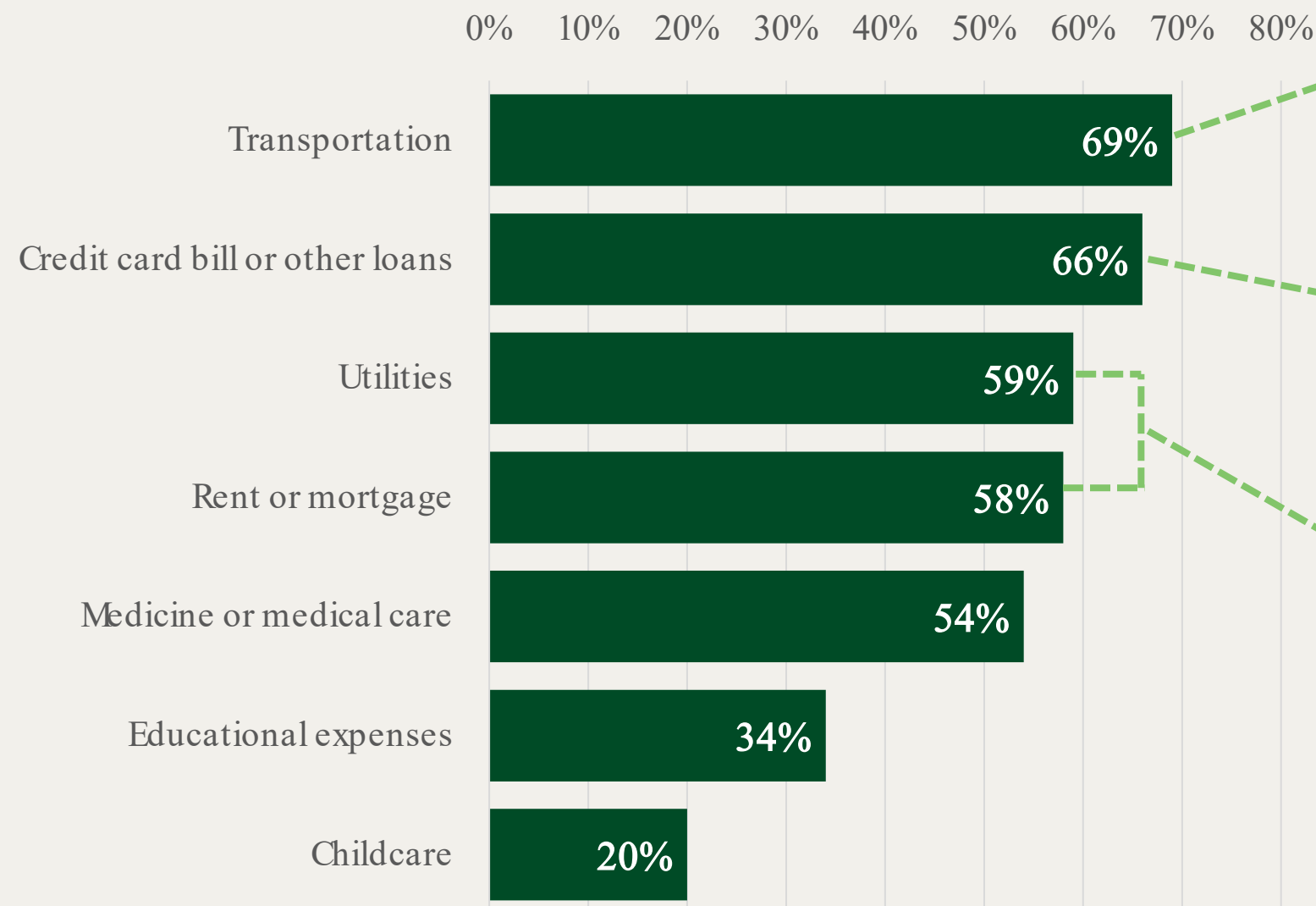
Source: Urban Institute

Increases in credit  
card delinquency  
rates, 2022-2024



# Key Finding #11: Food insecure people are facing impossible tradeoffs between food and other necessities

## Forced tradeoffs between food and other expenses



### Missed car payments can lead to ...

- Repossession
- Limited transportation
- Jeopardized employment



### Missed credit card payments can lead to ...

- Declining credit score
- Unmanageable debt
- Inability to build wealth



### Missed housing payments can lead to ...

- Cut-off utilities like Internet or heating
- Compounding interest
- Default or eviction

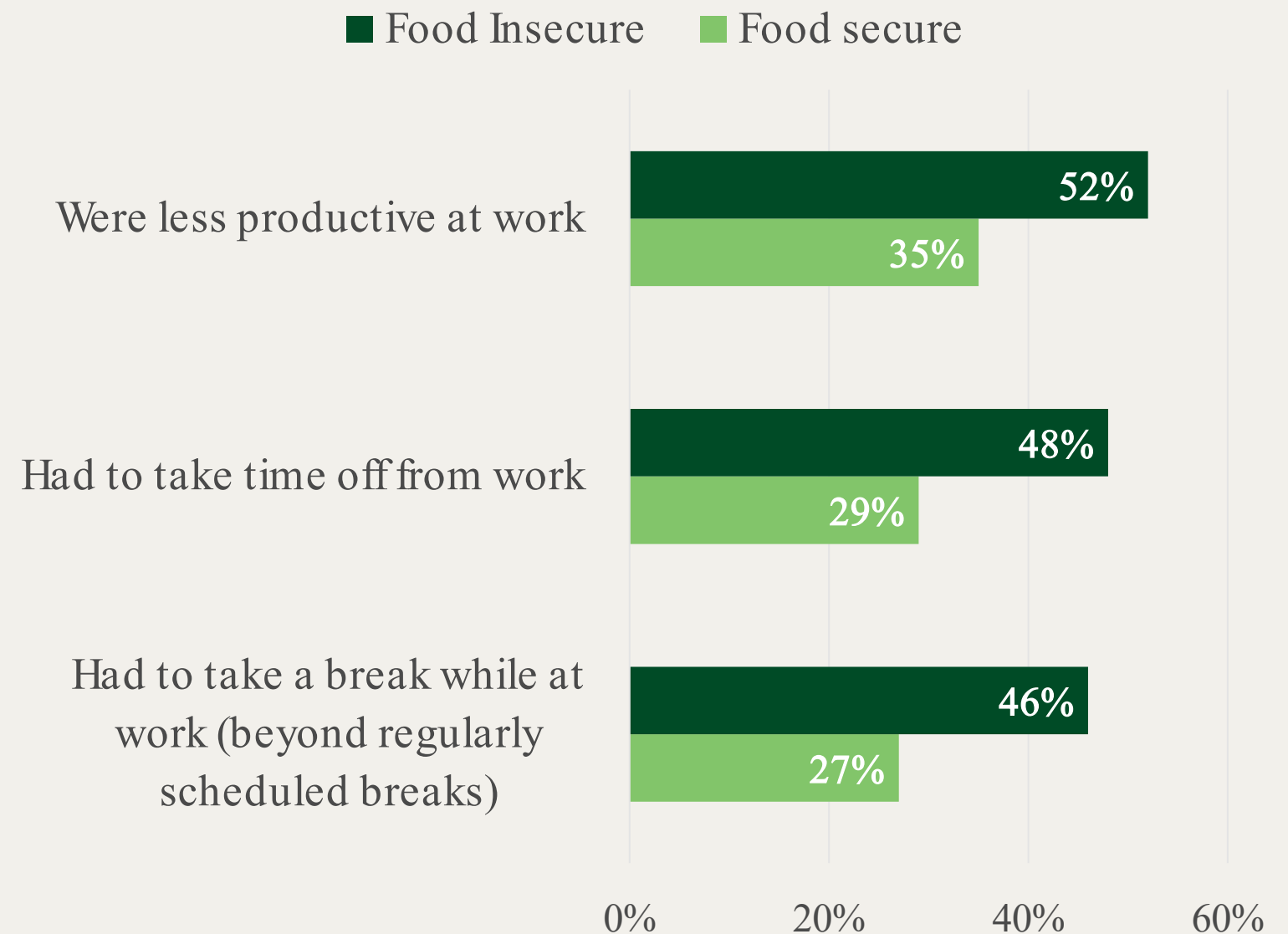


## Key Finding #12:

# Food insecurity coupled with chronic health conditions has measurable impacts on workforce productivity

- Approximately **half of adults** with a chronic health condition and food insecurity are experiencing **impacts to their productivity at work** because of their health
- If individuals are sidelined by illness and financial instability, **the availability and productivity of the region's potential workforce** stands to be reduced.

## Impacts of health conditions on workforce productivity



# Key Finding #13: These challenges are being exacerbated by cuts to SNAP and Medicaid

- New federal legislation will **reduce SNAP benefits by an average of \$187 per month** for 50,000 families in the DMV  
Source: Urban Institute
- At the same time, **116,000 people** in the region are expected to **lose Medicaid** coverage  
Source: Center on Budget & Policy Priorities
- These cuts **threaten both food access and health care**, leaving households with fewer resources to meet basic needs
- Families who **rely on both programs** (over 100,000 people) face especially severe risks



# CAFB's Recommendations: Coordinated action across every sector is needed



1  
Protect families  
from SNAP cuts



2  
Fund food  
relief programs



3  
Upskill food  
insecure individuals



4  
Enable  
collaboration  
and data sharing





# CAFB Recommendation #1:

## Mitigate the worst impacts of SNAP cuts

- State and local governments can play a critical role in mitigating the worst effects of the recent federal SNAP changes.
- Maintaining and protecting **school meal programs** ensures that children in high-need areas continue receiving nutritious meals, even if households lose SNAP benefits and Community Eligibility Provisions are threatened.
- **Regional nonprofits**, who are enmeshed in community, can help **preserve enrollment rates** by:
  - a) Assisting Departments of Social Service offices with outreach that would lower SNAP error rates
  - b) Enabling beneficiaries to fulfill work requirements through certified volunteering
  - c) Offering neighbors eligibility screenings and helping them enroll





# CAFB Recommendation #2: Fund food relief programs

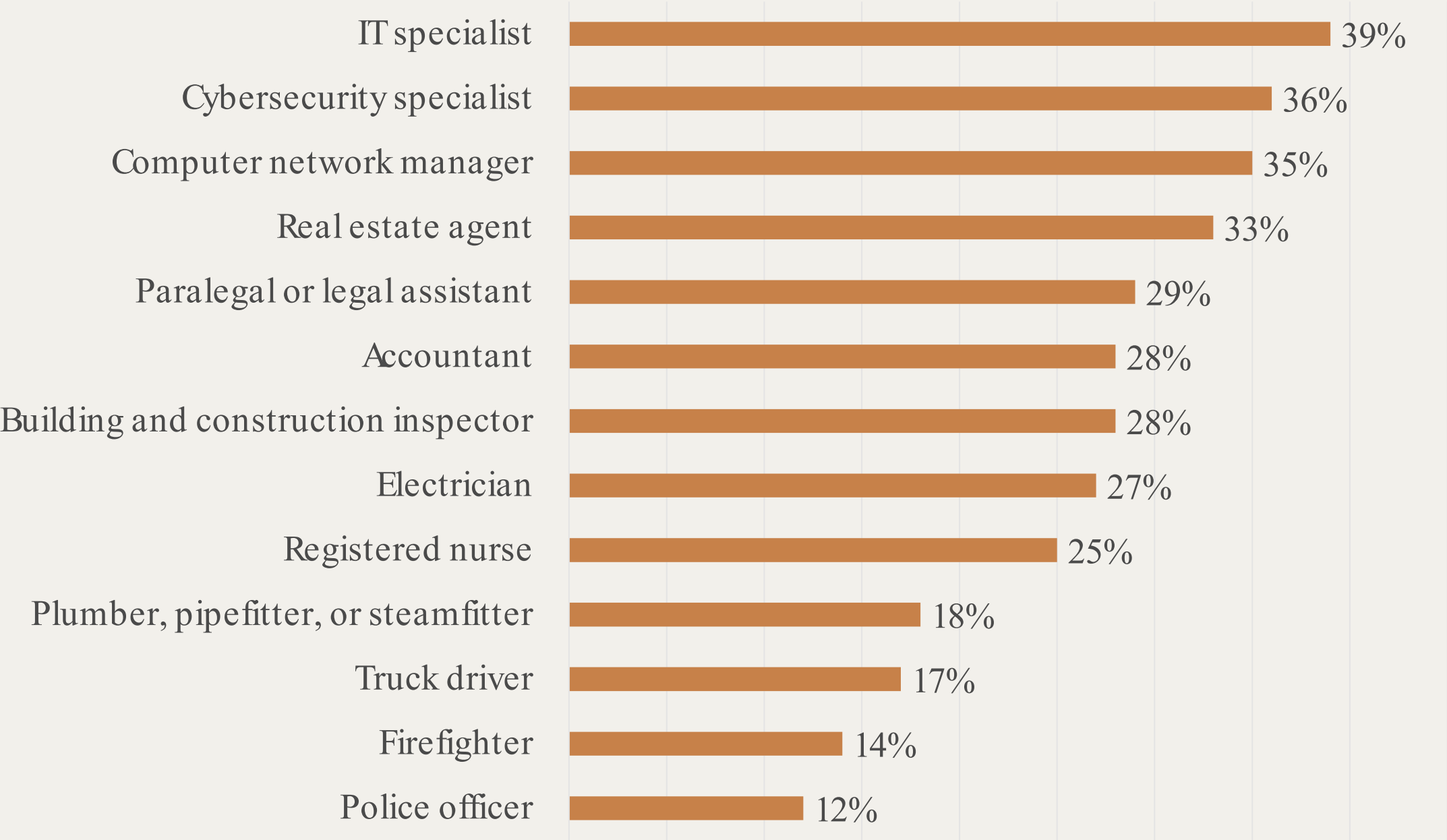
- Addressing increased food insecurity among impacted workers and their families will require additional support
- Investment in CAFB's food supply enables more resources to flow to our network of 400+ partner organizations
- Helping impacted households meet approximately 10% of their food needs for 1 year will require \$5.4M

County	Est. No. of Impacted Household Members	Total Assistance Needed
DC	6,000	\$800,000
MD	16,000	\$2,200,000
Montgomery	8,000	\$1,100,000
Prince George's	8,000	\$1,100,000
VA	17,000	\$2,300,000
Arlington	3,000	\$400,000
Alexandria	2,000	\$200,000
Fairfax	8,000	\$1,200,000
Prince William	4,000	\$500,000
Total	39,000	\$5,400,000

# CAFB Recommendation #3: Upskill and re-skill food insecure individuals

Food insecure workers want pathways to living-wage careers that are in-demand in the DMV...

Interest in switching careers among food insecure individuals



# CAFB Recommendation #3: Upskill and re-skill food insecure individuals

... but they face numerous barriers related to financial resilience.

Partnerships with employers and community groups can bridge barriers to skill-building

## Barriers to engaging in skill development



## CAFB Recommendation #4:

# Enable collaboration and data sharing

- Coordination and dialogue to ensure that **other policy changes benefit food-insecure families** against the backdrop of cuts to essential federal programs
  - Not creating any administrative barriers to accessing assistance
- **Increased collaboration** across jurisdictions and sectors
- Data capture and sharing:
  - **Coordination of all food relief efforts** so we can identify underserved areas
  - Tracking the population that is reliant on **both SNAP and Medicaid**
- Always **include those with lived experience** in our conversations to ensure that our recommendations, policy and solutions create the impact that we intend



# 2025 Hunger Report

## Q&A

