



Although USDA has stopped collecting food security data, Feeding America will continue to estimate local food insecurity and meal costs. Moving forward, Feeding America is collaborating as a nationwide network of food banks, food pantries, state-wide associations and regional co-ops—in partnership with diverse partners—to explore alternative data sources from which to estimate local food insecurity in 2027 and beyond.



Across the Food Bank's 23-County Service Area

Across the Regional Food Bank's 23-county service area, the total number of people facing food insecurity rose approximately **23.2%** from 2019 to 2024, with over **351,730** people experiencing challenges associated with hunger; this number is even higher amongst children, with **16.2%** of children lacking access to the nutritious foods they need to thrive.



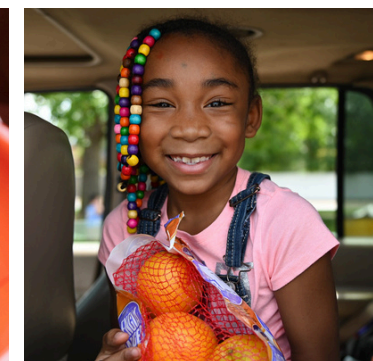
Interested in learning more about food insecurity in your county? Scan the QR to see more regional data or visit regionalfoodbank.net.



For every neighbor in need.



2026 STATE OF HUNGER Adirondack North Country

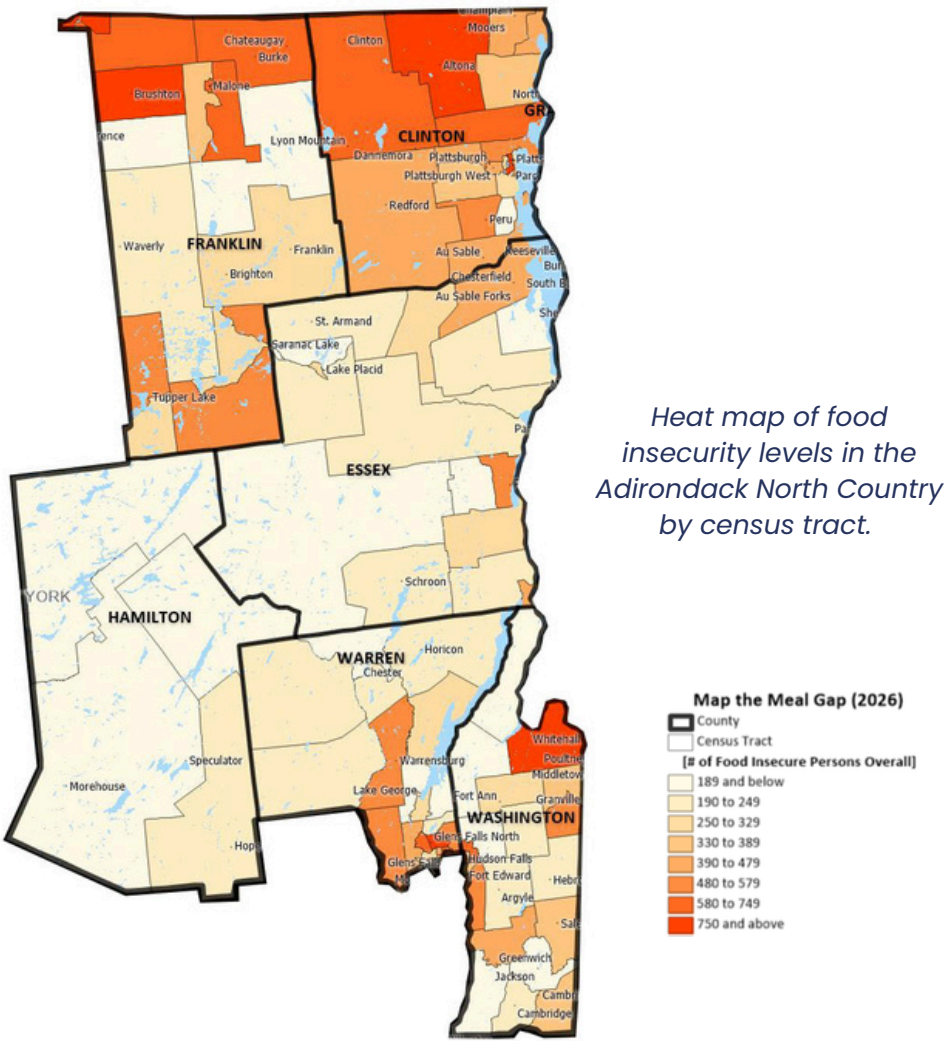


Mapping the Meal Gap

Each year, Feeding America releases a national report known as Map the Meal Gap, using publicly available data from USDA Economic Research Service, U.S. Census Bureau and Bureau of Labor Statistics to estimate local food insecurity at the county, congressional district and state levels. The study also estimates local meal costs and food budget shortfalls using food price data from NIQ, based on USDA’s Thrifty Food Plan, and grocery sales tax data. The newest Map the Meal Gap report reflects the state of food insecurity as of 2024.

37,920 neighbors in the Adirondack North Country face food insecurity.

County	% Food Insecure
Clinton	13.6%
Essex	12.3%
Franklin	15.1%
Hamilton	11.8%
Warren	12.5%
Washington	11.3%
Regional Average	12.9%



Children Facing Hunger

Food insecurity among children is 17.7%, equaling 9,260 children in the Adirondack North Country who lack access to the food they need to grow, learn, and thrive. In Franklin County, this rate is as high as 19.3%.



1 in 6 children experience food insecurity



1 in 8 adults experience food insecurity

Food insecurity is experienced by people from all backgrounds and demographics, but disparities exist.

Most people experiencing food insecurity nationally are white, non-Hispanic. Individuals who are Black or Latino often face disproportionately higher rates. In the Adirondack North Country, available data by race/ethnicity shows that 10% of white individuals and 20% of Latino individuals experienced food insecurity in 2024. Within Clinton and Franklin counties specifically, food insecurity among Black persons is 43%. (Due to population size, only two of the six counties in the Adirondack North Country reported this data.)

Food Spending and Cost

In 2024, people in food-insecure households reported needing an **additional \$23.16 per person, per week** to have just enough money to cover their food needs. This translated to \$36.3 billion across all 53.2 million individuals in food-insecure households.

Residents of the Adirondack North Country feel this firsthand, with an estimated food budget shortfall of \$28,454,000.

Individuals who were food secure in 2024 reported spending an average of \$3.70 per meal. Meal costs vary significantly by county throughout the nation, ranging from \$2.56 to \$6.28, showcasing the diverse economic challenges faced by communities.

In the Adirondack North Country, the average cost per meal is **\$3.94**, which reflects the high need we see at the Regional Food Bank.

The Regional Food Bank and our partners provided food equivalent to **3,893,518 meals** in the Adirondack North Country in 2025. Despite these efforts, **the current meal gap in the Adirondack North Country is 7,199,800.**

Food Spending and Income

Nationally, half of all people experiencing food insecurity may not qualify for SNAP benefits due to income limits. Here in the Adirondack North Country Region, **35%** of people facing hunger may not qualify for SNAP.