

2025 MINNESOTA FOOD SHELF VISITS



KEY INSIGHTS

- ▶ Visits to Minnesota food shelves **REMAINED AT RECORD HIGHS FOR FOURTH YEAR IN A ROW.**
- ▶ **HUNGER IS A STATEWIDE ISSUE** touching both urban and rural communities.
- ▶ Food shelf visits are **A MEASURE OF OUR RESPONSE**, not a metric for hunger itself.
- ▶ Food assistance needs have **DRAMATICALLY INCREASED FROM PRE-PANDEMIC LEVELS.**
- ▶ Grocery costs, federal uncertainty, **AND CUTS TO FOOD ASSISTANCE PROGRAMS ARE DRIVING NEED.**
- ▶ **FOOD SHELVES ARE INNOVATING** to meet ongoing record-breaking need.

ABOUT THE FOOD GROUP

The Food Group is a local food equity non-profit. For 50 years, we have worked to provide food for today and change for tomorrow for neighbors who need it most in our community. We work at the intersection of food access, equity, and nutrition statewide.

The Food Group is proud that Hunger Solutions became part of our organization in 2024.



DATA COLLECTION AND TRANSPARENCY

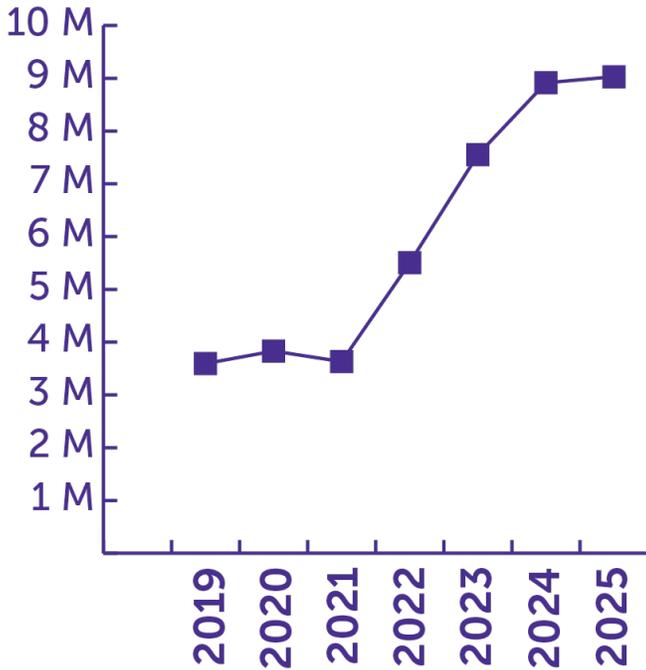
The Food Group is committed to transparent data collection process and oversight. Our food shelf data comes from Minnesota's food shelves and is calculated based on the number of visitors reported by each food shelf. The food shelves represented are TEFAP-eligible and are monitored by the Department of Children, Youth, and Family's Office of Economic Opportunity and local food banks.



Total Food Shelf Visits



Change 2019 to 2025

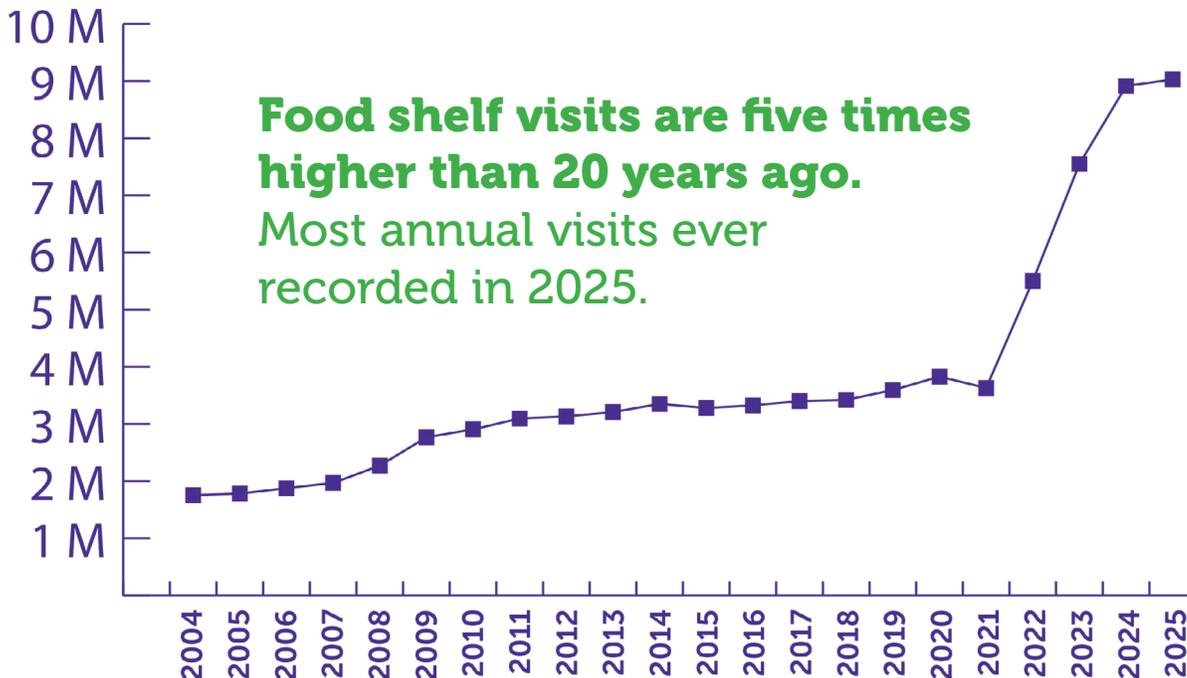


Minnesotans made over **9 million**

visits to food shelves, hovering at a record high for fourth year in a row.

2.5x more visits than pre-pandemic 2019.

Change by Year Since 2004



Food shelf visits are five times higher than 20 years ago. Most annual visits ever recorded in 2025.

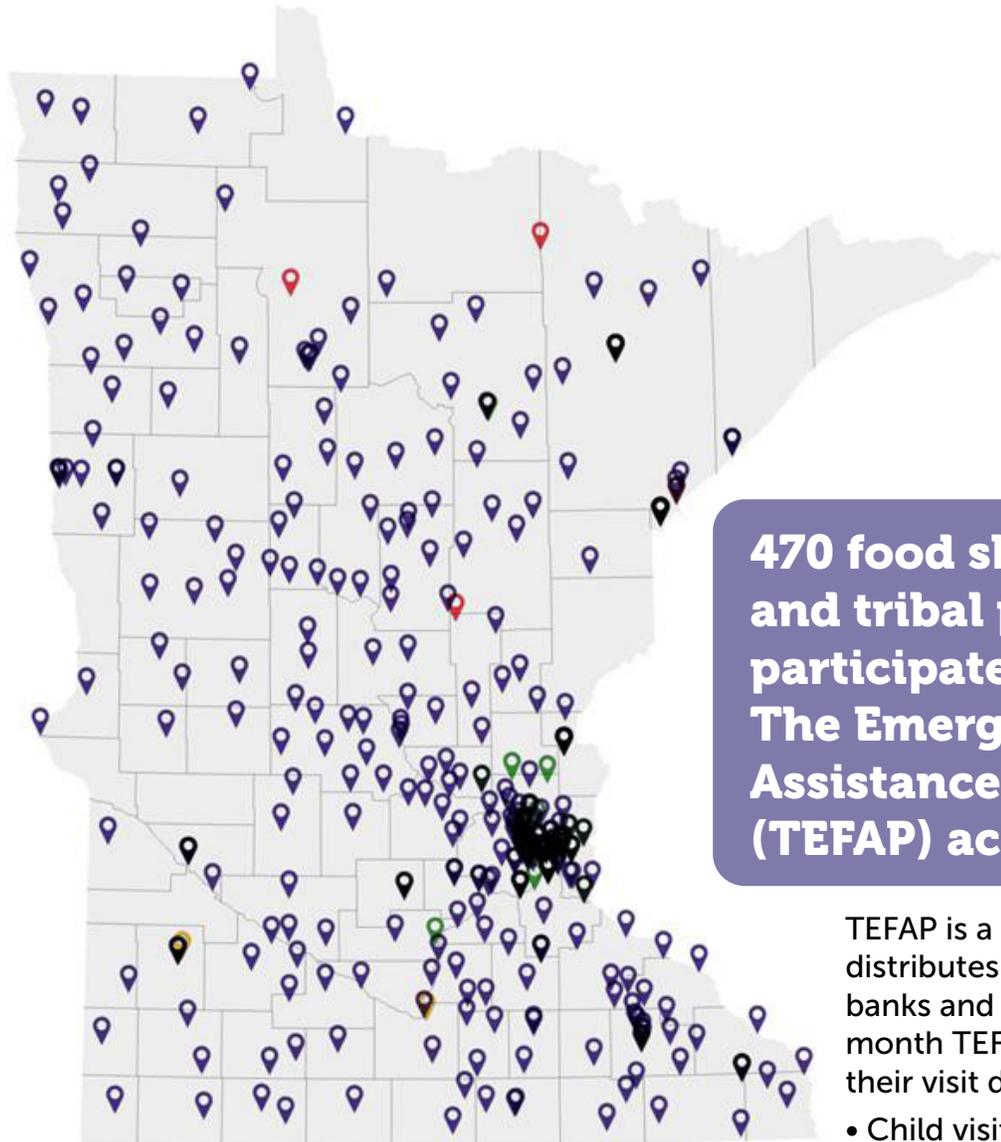
Who is impacted by hunger?



Hunger is a statewide issue that impacts all communities from rural to urban.

TEFAP Food Shelf Locations

■ Tribal Program or Tribal Nation ■ Brick and Mortar Site ■ College Campus Program ■ Outreach Program ■ Agency



470 food shelves, mobile, and tribal programs participate in The Emergency Food Assistance Program (TEFAP) across Minnesota.

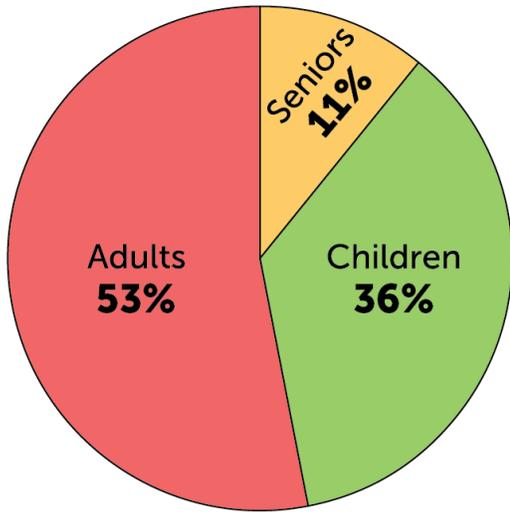
TEFAP is a federal program that distributes food at no cost to food banks and tribal groups. Each month TEFAP food shelves report their visit data to The Food Group:

- Child visits
- Adult visits
- Senior visits
- Individual visits (total)
- Household visits
- Pounds

Created with Datawrapper

Source: https://www.datawrapper.de/_/Xt5wB/

Who is Visiting Minnesota Food Shelves?



VISITORS IN 2025

Adults 4,820,597

Children 3,187,373

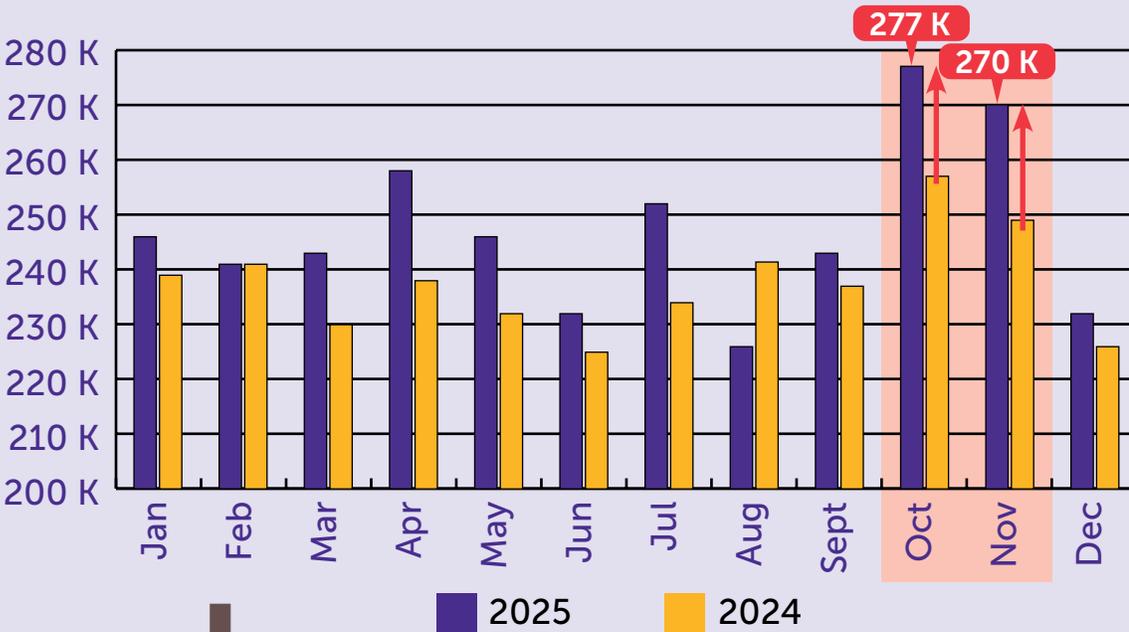
Seniors 1,018,872

9,026,843

Total Visitors

Households Served

Average of 247,267 households served by food shelves monthly.



20,000 more households visited food shelves in October and November 2025 compared to 2024.

Average household size: 3



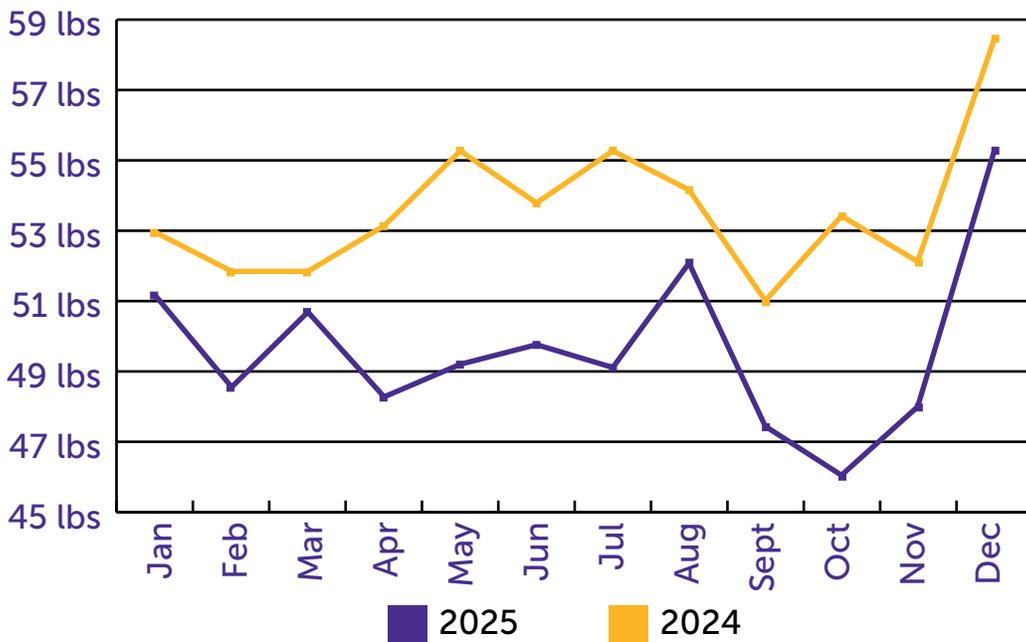
SNAP delays drove uncertainty and higher need in October and November 2025.

Total Pounds Distributed in 2025



Food shelves distributed 150,463,810 total pounds of food.

Many food shelves faced a reduction in free food available through federal programs like The Emergency Food Assistance Program (TEFAP).



3.7 million fewer pounds than in 2024.

Food prices remain high, driving increased need.

The same groceries that cost \$100 in December 2019 cost almost \$131 by December 2025.



Source: Consumer Price Index for All Urban Consumers: Food at Home in U.S. City Average, Index Dec 2019=100, Monthly, Seasonally Adjusted <https://fred.stlouisfed.org/series/CUSR0000SAF11#>

What Contributes to Food Insecurity?



Housing and Economic Insecurity

Rental rates and housing prices have soared in recent years, leaving many Minnesotans with less income and more need for food assistance. In 2024, 9.4% of Minnesota lived below the federal poverty line with many more struggling to afford necessities.



High Food Costs

Food prices increased significantly at the onset of COVID-19 and remain high, making it more difficult for Minnesotans to afford nutritious food and other necessities.



Barriers to Food Access

Some communities do not have access to a grocery store or transportation to get there. In other cases, food access was disrupted by development projects cutting through historically Black and Brown neighborhoods. Most recently, immigrant communities targeted by ICE experienced unprecedented hurdles to accessing food.



Multiyear COVID-19 Impact and Cuts to Food Assistance

COVID-19 era state and federal assistance decreased in 2022 while the cost of necessities rose. The largest cut to federal food assistance in history followed in 2025, putting 32,000 Minnesota families and seniors at risk of losing some or all food support.



Competing Budget Priorities

Food is the often most flexible line item in a household budget. The 2025 Minnesota Food Shelf Survey looked at responses from 9,759 food shelf visitors across 308 food shelves. **72% respondents reported choosing between food or other necessities like healthcare, utilities, transportation, and housing.**

HOW OFTEN FOOD SHELVES ARE USED:

83%

visit food shelf monthly or more

57%

receive half or more of their food from a food shelf

Source: <https://www.supershelfmn.org/minnesota-statewide-survey>

LOOKING FORWARD

2025 was a challenging for the anti-hunger sector. Food shelves visits remained at record highs for the fourth year in a row. The cost of food and other necessities rose, further straining both families and food shelves. More families became at risk for hunger due to federal uncertainty, reductions to free food, and drastic cuts to SNAP. Now in 2026, fear is creating significant barriers to food access for immigrant communities.

Food shelves and programs like SNAP remain our best safeguards against hunger. Together with our partners and community, The Food Group is fighting to protect and expand critical services for food-insecure Minnesotans.

Learn more about our advocacy work. Visit:

qrco.de/bfuXSz



Food shelf data is collected by The Food Group in partnership with the Minnesota Department of Children, Youth, and Family.