A total of 51 client interviews were conducted at 7 sites throughout Grand Forks, Traill and Walsh Counties.

### DEMOGRAPHICS

- **Children:** 26%
- **Seniors:** 15%
- **Veterans:** 18%

- **Permanent Housing:** 78%
- **Temporary Housing:** 16%
- **Homeless:** 6%

### RACE/ETHNICITY

- **White:** 78%
- **Hispanic/Latino:** 16%
- **American Indian:** 10%
- **African American:** 6%
- **Asian:** 0%
- **Other:** 0%

### EDUCATION

- **High School:** 86%
- **College:** 51%
- **Completed:** 82%

### HEALTH

- **Mental Health Issues:**
  - **Depression/Mental Health Issue:** 31%
  - **High Blood Pressure:** 33%
- **Chronic Disease:** 86%
- **Medical Bills:** 61%
- **Very Bad Health:** 6%
- **Obese:** 14%
- **Asthma:** 18%
- **Addiction:** 12%

### ADDITIONAL INFORMATION

- **Hunger in North Dakota:** 15%
- **Seniors:** 10%
- **Veterans:** 78%
**TOUGH CHOICES**

Households report choosing between food and:

- 62% Medicine/Medical Care
- 54% Housing
- 54% Utilities
- 49% Gas for Car
- 41% Transportation

**WHAT WOULD HELP?**

Clients shared what else would help them get the food they need for themselves/family:

- #1 Getting food more often
- #2 Getting more food
- #3 Agencies open evenings/weekends
- #3 Home delivery

**FOOD ASSISTANCE**

- 86% Adults are food insecure
- 36% Children are food insecure
- 27% of adults report not eating for a whole day
- 71% can’t afford to eat balanced meals
- 46% of adults skip meals regularly
- 7% of children skip meals regularly
- 33% have special dietary needs
- 47% currently on SNAP (Supplemental Nutrition Assistance Program)

Clients report using a food pantry 8.2 times per year (on average)

**ROOT CAUSES**

- 37% Chronic Disease/Health Conditions
- 29% Lack of transportation
- 14% Available housing
- $33% Poverty
- 18% Affordable housing
- 10% Discrimination

Ending Hunger 2.0 is Great Plains Food Bank’s bold next step in hunger relief, working on root causes to hunger through research, advocacy and community based solutions.

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