Ending Hunger in North Dakota

North Dakota is the 47th hungriest state in the country.

Hunger and Poverty Snapshot

- One in 11 households struggles to put food on the table.\(^i\)
- 90,976 people live in subcounties with poverty rates of 20 percent or more.\(^ii\)
- 1,678 veterans live below the poverty line.\(^iii\)

We Can End Hunger by 2030

The United States has made significant progress against hunger and poverty over the past 50 years. But too many people, including people in North Dakota, are being left behind.

Ending hunger and poor nutrition in North Dakota and in the United States calls for comprehensive strategies that promote racial, gender, and class equity and take into account the many differences in personal, family, and community circumstances. Even more important, it requires the political will to turn these ideas into legislation. The United States should:

- **Create jobs that pay.** Millions of workers are paid so little that they cannot feed their families. The best, most lasting way to end hunger is to ensure that people have access to jobs that pay\(^viii\) enough to support their families. The United States can move in the right direction by making essential improvements through legislation and policies. Some examples of these changes are raising the minimum wage, strengthening the Earned Income and Child Tax Credits, and expanding access to the supports that workers need in order to do their jobs, such as paid sick and parental leave and affordable child care. The federal budget should reflect reducing income inequality as a top priority in addition to expanding the economy.

- **Invest in people.** To be successful, people must have access to the tools they need. Government plays an important role in ensuring that everyone has their basic needs met and benefits from equitable opportunities. All people, regardless of race, gender, class, or other factors, should have access to nutritious food, health care, education, and housing to empower families and individuals to overcome hunger and become financially stable. Targeted investments\(^ix\) should be made in communities with the highest hunger rates, including communities of color, communities of concentrated poverty, and communities with many people who are returning from incarceration and/or immigrants.

- **Strengthen the safety net.** Most people need some help at some point in their lives and everyone should have access to help in hard times. The United States should strengthen national nutrition programs such as school meals, summer meals, SNAP, and WIC. It should maintain other social programs such as Medicaid. Essential social programs should be a consistent national priority and they should be provided in an equitable manner.

1 in 7 children\(^iv\) and 1 in 8 women live in poverty.\(^vi\)

When women flourish, so do their children.

An individual must earn $15.07 per hour in North Dakota to provide for a family, yet, the state minimum wage is $7.25.\(^vi\)

People of color in North Dakota are 5 times more likely than whites to live with hunger and poverty.\(^vii\)

Ending hunger in America is feasible. What we need is the political will to do so. Go to bread.org/elections for Bread’s full 2020 election platform.
The map shows the levels of poverty by county. Counties with rates of 20 percent of poverty or more (shaded in red below) are considered areas of concentrated poverty. In those areas, hunger rates are higher, and problems, including poor housing conditions and fewer job opportunities, increase these rates.

Poverty in North Dakota

Poverty Rates for General Population

Poverty Rates by Race

The state poverty rate is 11 percent, however, people of color are more likely to experience poverty in North Dakota and across the nation.

North Dakota Poverty Rates:

- Whites: 8%
- Latinos: 18%
- African Americans: 30%
- Indigenous: 38%
- Native Hawaiian/Pacific Islander: 29%

To learn more about racial inequities and how to reverse them to end hunger, go to bread.org/racialequity.

Endnotes

2 U.S. Census Bureau, 2012-2016 American Community 5-Year data. Table S1701.
3 The poverty line for an individual in 2019 was $12,490. U.S. Census Bureau, 2018 American Community Survey 1-Year data. Table B21003.
4 U.S. Census Bureau, 2013-2017 American Community Survey 5-Year data. Table B17001.
5 U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates. Table B17001
6 Dr. Amy K. Glasmeier and MIT, Living Wage Calculator. Hourly living wage based on standard four-person household with two adults and two children. Living wages for single parent households are much higher. Published January 2019.
7 Bread estimations based on data from 2013-2017 American Community Survey 5 Year data. Tables B17001B, B17001C, and B17001E, B17001H, B17001I.
9 Gamblin, Marlysa. “Applying a Racial Equity Lens to End Hunger.” Bread for the World Institute. Bread.org/racialequity
12 The map was developed by the Housing Assistance Council, www.ruralhome.org, based on data from the U.S. Census Bureau, www.census.gov
13 U.S. Census Bureau, 2013-2017 American Community Survey 5-Year Estimates. Table S1701.
14 See endnote vii.