

The State of Child Hunger in NYC

Spring 2024

The need for food assistance in New York City remains significantly higher than it was before the pandemic, and families with children have been particularly hard hit. The cost of living in New York City continues to increase at an unsustainable rate. Food, childcare, and housing costs remain high, and many families are struggling to put meals on their tables. These challenges are often exacerbated during the summer months, when access to free school meals may become more limited.

Hunger Is Up Among NYC Families

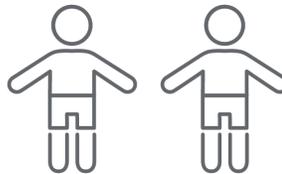
1 in 5

NYC children does not always know where their next meal will come from.¹



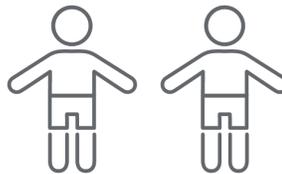
1M+

Average monthly visits to food pantries, soup kitchens, and community food programs among NYC families in 2023.²



Nearly 100%

increase in visits to food pantries by children and their families compared to pre-pandemic.³



Families Are More Likely to Experience Hunger

63%

of NYC households with children struggle to make ends meet—19 percentage points higher than households without children.³

66%

Year-over-year increase in the child poverty rate in NYC in 2022. Child poverty is now at its highest level since 2015.⁴

¹ [Map the Meal Gap 2023](#), Feeding America

² City Harvest analysis of FeedNYC data

³ City Harvest analysis of FeedNYC data

⁴ [Overlooked and Undercounted: Struggling to Make Ends Meet in New York City 2023](#)

⁵ Poverty Tracker Research Group at Columbia University (2024). [The State of Poverty and Disadvantage in New York City](#), Volume 6. Robin Hood



“

There are five people in my family: me, my husband and my three children, who are 6, 8, and 10 years old. [City Harvest] helps us a lot. We don't have that much money to buy good food. [Because of this Mobile Market], the kids will eat more fruits and vegetables.

”

Mrs. Wu

Participant, City Harvest's Sunset Park Mobile Market

Share Lunch Fight Hunger is City Harvest's annual spring fundraising campaign to help feed children and families who are in need during the summer months, when access to free school meals may become limited. Learn more, start a fundraising team, and donate to help City Harvest provide nutritious free food to families across NYC at CityHarvest.org/ShareLunch.

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RESCUING FOOD FOR NYC