



# Service Territory 2025 FACT Sheet



## Understanding Food Insecurity in Central Texas

These numbers from our Food Access Convening Tool (FACT) reveal the scope of the issue, highlighting the number of individuals in need of support and their percentage within the overall population.

**3,356,415** Total Population      **18.2%** Neighbors Are Food Insecure

**612,475** Food Insecure Individuals      **1 in 5** Neighbors Are Food Insecure

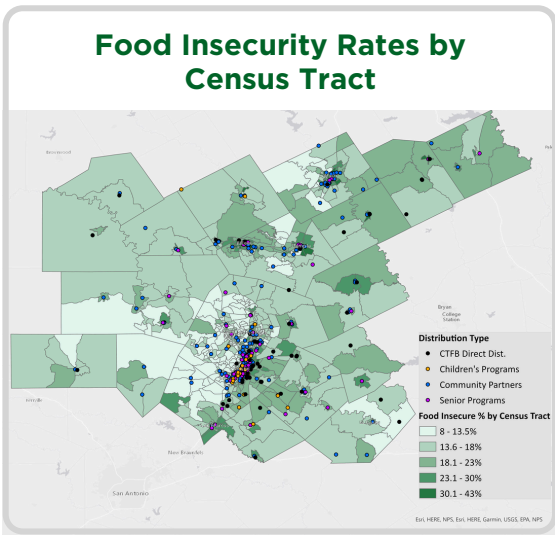
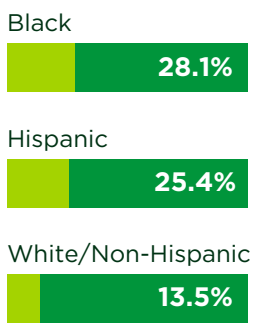
## Food Insecurity By Demographics

Food insecurity disproportionately affects various racial, ethnic and age groups. Here's a detailed look at how hunger impacts children, older adults and others.

**23.0% or 176,798** Children Are Food Insecure (1 in 4)

**16.6% or 101,934** Older Adults Are Food Insecure (1 in 6)

## Food Insecurity Rate Within Each Racial/Ethnic Group



## Service Territory

### RESIDENTS

Total Households	1,315,264
Avg Household Size	3.1
% Children	22.8%
% Older Adults (60+)	18.3%

### POPULATION BY RACE/ETHNICITY

Asian	5.4%
Black	9.7%
Hispanic	29.8%
White/Non-Hispanic	51.0%

### HOUSEHOLD CHARACTERISTICS

Poverty	11.6%
% with Disability	11.7%
% Veterans	8.4%
% without Vehicles	4.8%
% SNAP Recipients	7.4%
Unemployment Rate	4.7%

Food insecurity rates were calculated using Texas-specific data from the 2020-2023 Current Population Surveys (CPS), 2019-2023 American Community Survey (ACS), and the 2023 Bureau of Labor Statistics (BLS) data. More information on methodology is available upon request at [research@centraltexasfoodbank.org](mailto:research@centraltexasfoodbank.org).

All demographic data were pulled at the census tract level from the 2019-2023 American Community Survey 5-year estimates.

# HOW YOU CAN HELP

Your support is essential to ensuring all Central Texans have access to nutritious food.

## Volunteer

Each year, volunteers contribute over 130,000 hours which is the equivalent to 64 full-time team members. Simply put, we can't serve our neighbors without your help.

Give your time and make a direct impact by helping in our garden, kitchen, warehouse or at mobile pantries — whether individually or with a group, volunteering is a hands-on way to help your neighbors facing hunger. Register now at [centraltexasfoodbank.org/volunteer](http://centraltexasfoodbank.org/volunteer).

## Host a Food + Fund Drive

Collect non-perishable food or start a Virtual Food Drive to make a bigger impact. With CTFB's purchasing power, every dollar you raise provides three meals. Whether organizing with your community or celebrating a special occasion, it's a simple, powerful way to support increasing nutritious meals for our neighbors.

## Advocate

Lend your voice to strengthen policies that support food security. Federal nutrition programs and school meal programs are vital lifelines for families facing hunger. Educate yourself on the issues, engage with policymakers, and help ensure strong public policy that protects and expands hunger relief efforts.



# DONATE

For every dollar donated, you provide three meals to Central Texans.



**SCAN QR CODE  
TO DONATE  
TODAY!**



### GIVE FUNDS:

Give by cash, credit, check or bank transfer — online, in person, over the phone, or by mail.



### WORKPLACE GIVING:

Contribute through your employer's giving program — donation and volunteer matching can double your impact.



### SUSTAINER'S CIRCLE:

Provide steady, reliable support by making a monthly gift.



### ASSET-BASED GIVING:

Give stocks, crypto, a Donor-Advised Fund, or include CTFB in your bequest.



### SHOP TO GIVE:

Support hunger relief by shopping brands that give back.



### HOST A COMMUNITY EVENT:

Make CTFB the beneficiary of your event and have fun while giving back.