



Hunger on Long Island

The Reality

[Feeding America's Map the Meal Gap](#) report estimates food insecurity rates across the country. In 2023, the latest year with available data, more than 240,000 Long Islanders experienced food insecurity for at least part of the year—a 10% increase over 2022.

Island Harvest's Response

From July 2024 through June 2025, Island Harvest distributed more than 21 million pounds of food—more than even during the height of the COVID-19 pandemic.

The Rising Cost of Living

Newsday has been reporting on the rising costs of living on Long Island all year. Reporting has found that our families are being pushed to the breaking point:

- [Insurance premiums: up 30%](#)
- [Grocery prices: up 25%](#)

Many households must choose between paying essential bills, buying needed medications, and putting food on the table.

Working, but Struggling

The United Way of Long Island's [ALICE \(Asset Limited, Income Constrained, Employed\)](#) 2024 report found nearly 1 in 3 households on Long Island—about 32.5%—cannot afford basic necessities like housing, food, transportation, and healthcare, despite being employed and earning above the federal poverty level.

Childhood Hunger

According to the [Council on Children and Families Kids' Wellbeing Indicators Clearinghouse \(KWIC\)](#), more than 137,000 students across Long Island qualify for free or reduced-price school meals. *Map the Meal* reports 44,500 Long Island children – enough to fill Yankee Stadium – do not know where their next meal is coming from.

Together, We Can Change This

Hunger is a solvable problem. Island Harvest works every day to provide food, resources, and hope to our neighbors. Learn more about how you can help at <https://www.islandharvest.org>.

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