

How to talk about **HUNGER** in Alaska

A Conversation Starter Pack



You're wearing orange. Someone asks why. Now what? You don't need to be an expert to talk about hunger in Alaska. Start with what you know, ask questions, and listen. This guide can help turn a simple question into a conversation about what food insecurity looks like in our state and what each of us can do about it.

Five Facts About Hunger In Alaska

1

1 in 6 Alaskans experience food insecurity

Alaska's food insecurity rate reached 15.6% in 2024, the highest recorded since Feeding America began tracking Map the Meal Gap data in 2009.



2

About 1 in 5 Alaska children experience food insecurity

That means kids experiencing hunger are sitting in classrooms, riding the bus, playing sports, and growing up in communities across our state.



3

Food insecurity is not spread evenly across Alaska

In some rural areas, as many as 1 in 4 people experience food insecurity. Distance, transportation, high food costs, and limited access to grocery stores can make getting enough food even harder.



4

Nearly 70,000 Alaskans participate in SNAP

The Supplemental Nutrition Assistance Program helps eligible households purchase groceries when household income is not enough to cover food and other basic expenses.

5

Nearly half of Alaskans experiencing food insecurity may not qualify for SNAP based on income

About 47% have household incomes above the SNAP eligibility threshold used in Feeding America's study. Food insecurity does not begin or end at an eligibility line.



Keep the Conversation Going

Simple ways to talk about hunger in Alaska and take action

Talking about hunger does not mean giving someone a speech. Some of the best conversations start with a question. Start with what you know, ask questions, and listen.

Start a Good Conversation



Lead with curiosity

Ask what someone already knows hunger in Alaska.



Listen to understand

You do not need to have every answer.



Make it local

Connect the numbers to what is happening in your community.

Use respectful language

Talk about people experiencing hunger or food insecurity.

Not Sure What to Ask?

WITH FAMILY:

How do you think being hungry could affect someone's day at school?

WITH COWORKERS:

What surprised you most about Alaska's food insecurity numbers? Is there something our workplace could do?

WITH FRIENDS & NEIGHBORS:

What makes food harder to access in our community?

WITH ELECTED OFFICIALS:

What are you hearing about food insecurity in your community, and what would help Alaskans access the food they need?

Turn the Conversation Into Action

- **Share a resource.** Send someone Food Bank of Alaska's food distribution calendar
- **Volunteer to give.** Visit foodbankofalaska.org to find ways to help
- **Learn more.** Explore Alaska's food insecurity data at map.feedingamerica.org
- **Keep talking.** Wear orange during Hunger Action Month, tag @FoodBankofAlaska

FOOD BANK
of ALASKA



Scan to learn more
and take action.