



# OPPORTUNITY STARTS AT HOME

## ANTI-HUNGER ADVOCATES ARE HOUSING ADVOCATES FACT SHEET

### *Anti-hunger advocates ARE housing advocates.*

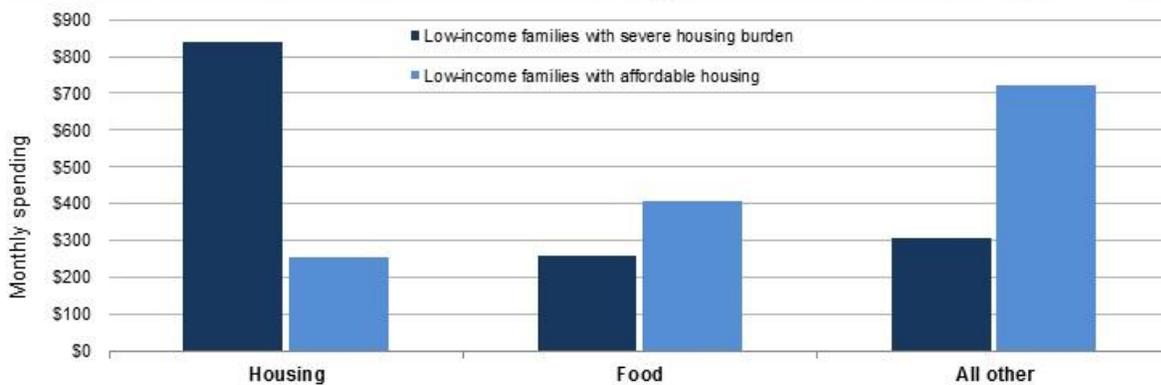
- “Severely cost-burdened renters are 23 percent more likely than those with less severe burdens to face difficulty purchasing food. Conversely, New York City families with affordable rent payments were found to increase their discretionary income by 77 percent, freeing up funds to spend on health insurance, food, and education or to save for a future down payment on a home.” Quoted from Health Affairs, Housing And Health: An Overview Of The Literature
- “In 1996, Congress capped the amount of housing costs that a family can deduct from gross income in figuring out what share of food costs the family can pay without SNAP’s help. The reduced deduction means the SNAP allotment shrinks by assuming the family can use some of its income for food when in fact that money is owed to the landlord. As housing costs have risen in the two decades since Congress made this cut, this cap on the shelter deduction has meant SNAP allotment inadequacy has become a far deeper and broader problem.” **Quoted from** [FRAC, A Plan of Action to End Hunger in America](#)
- “Food-insecure and low-income people can be especially vulnerable to poor nutrition and obesity, due to additional risk factors associated with inadequate household resources as well as under-resourced communities. This might include lack of access to healthy and affordable foods; cycles of food deprivation and overeating; high levels of stress, anxiety, and depression; fewer opportunities for physical activity; greater exposure to marketing of obesity-promoting products; and limited access to health care.” Quoted from FRAC, Hunger and Health
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- “Low-income families with children that have affordable housing, whether subsidized or not, spend \$151 more a month on food than families with severe housing burdens. Three-quarters of families earning less than \$15,000 face severe housing burdens spending more than 50 percent of their income for housing.” Quoted from Urban Institute, Can Housing Assistance Help Protect Children from Hunger

## Low-income families with affordable housing have more food security



Notes: Bottom spending quartile households with children under 18, 2011. "Affordable housing" is housing expenditures < 30% of income. "All other" includes transportation, clothes, healthcare, savings, insurance, entertainment.  
Adapted from Harvard's Joint Center for Housing Studies: <http://www.jchs.harvard.edu/sites/jchs.harvard.edu/files/son2013.pdf>

- “Research has shown a link between spending on housing and spending on food. Recent data from the USDA showed a 12 percent decline in median spending on food between 2000 and 2007 despite a rise in the cost of the Thrifty Food Plan (the national standard for a nutritious diet at a minimal cost). Over the same period, spending on housing and the most severe form of food insecurity both increased among very low-income families; clearly, families are borrowing from already-limited food budgets to keep a roof over their heads.” **Quoted from [Children's HealthWatch, Hunger and Affordable Housing](#)**



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## Rent Subsidies Leave More Income for Other Basic Needs

Severely cost burdened (without voucher)  
paying 50% of income on rent



Voucher receipt paying 30% of  
income on rent



Based on average income (\$21,300) of families on Section 8 wait list  
Source: [Children's HealthWatch, Hunger and Affordable Housing](#)

**“Food insecure children living in subsidized housing were 52 percent less likely to be seriously underweight than food insecure children on the wait list.”** Quoted from [Children's HealthWatch, Hunger and Affordable Housing](#)

**“Offsetting the high cost of housing may help families avoid the trade-off between food and shelter, as well as among other basic needs like transportation and health care.”** Quoted from [Urban Institute, Can Housing Assistance Help Protect Children from Urban Institute, Can Housing Assistance Help Protect Children from Hunger](#)

**“Families are borrowing from already-limited food budgets to keep a roof over their heads.”** Quoted from [Children's HealthWatch, Hunger and Affordable Housing](#)