

# Improving Access to Affordable and Nutritious Food Is Essential for the Health of Hispanic Families and Children

Far too many people in America, including millions of Latino\* families and children, lack the basic ingredients needed for a healthy life, including consistent and affordable access to nutritious food.

- Data from October 2022 show that [21%](#) of Hispanic families with children sometimes or often do not have enough food to eat.
- Diet-related health outcomes and diseases like obesity, diabetes and hypertension are [significantly more frequent for Latino families](#) than for non-Hispanic whites.
- Among Latino adults, [85%](#) of males and [78%](#) of females were obese between 2015-2018.

The Latino community urgently needs effective policies that improve nutrition security and increase affordable, healthy food choices.

Federal nutrition programs are essential tools for reducing food insecurity and preventing hunger among Latino children and families, but these programs must be strengthened to better accomplish their goals.

## **These programs include:**

- The Supplemental Nutrition Assistance Program (SNAP)
- The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)
- The National School Lunch Program (NSLP)

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\* The terms “Hispanic” and “Latino” are used interchangeably by the U.S. Census Bureau and throughout our materials to refer to persons of Mexican, Puerto Rican, Cuban, Central and South American, Dominican, Spanish, and other Hispanic descent; they may be of any race. Our materials may also refer to this population as “Latinx” to represent the diversity of gender identities and expressions present in the community.

More than 41 million people participate in SNAP, and one in six are Latino. Even so, more than [four million Latinos](#) are eligible for SNAP but do not receive benefits. Moreover, WIC enrollment among eligible participants has been [declining over the past decade](#). These enrollment gaps and widespread food insecurity among Latinos result from barriers to program participation, unaffordability of healthy foods, and monthly SNAP benefits falling short of putting food on the table for a whole month.



## HOW CAN YOU GET INVOLVED?

- Submit a comment in support of the WIC food package revision through UnidosUS and Salud America!'s [model comment campaign](#).
- Email Umailla Fatima, Health Policy Analyst, at [ufatima@unidosus.org](mailto:ufatima@unidosus.org) to set up a time to talk about your organization's work on nutrition and priorities for the upcoming year.
- Stay up to date with the UnidosUS Affiliate Digest newsletter, which flags important events, resources, and funding opportunities.

## KEY UNIDOS US RESOURCES:

- [UnidosUS and Hispanic Federation Joint Letter Supporting Healthier Food Options in WIC](#)
- [Congress must seize the moment to improve access to affordable and nutritious food for Latino kids](#)
- [It's past time to lift the bar on food assistance programs](#)
- [No one should have to sacrifice food to pursue higher education](#)
- [Latinos remain disproportionately impacted by food insecurity. USDA can make progress on equity and racial justice](#)
- [UnidosUS Comments on the White House Conference on Hunger, Nutrition, and Health](#)