

Food Insecurity Glossary

- **Food Insecurity:** The lack of reliable access to enough food for an active, healthy life.
- **Underemployment:** Working in jobs that do not provide enough hours or income to meet financial needs.
- **Living Wage:** A wage that is high enough to cover basic living expenses such as food, housing, and healthcare.
- **Wage Stagnation:** The lack of significant increase in wages over time, making it harder for workers to afford necessities.
- **Economic Inequality:** The growing gap between income levels, affecting access to essential resources like food.
- **Gig Economy:** A labor market characterized by short-term contracts and freelance work, often without benefits or job security.
- **The Benefits Cliff:** The point at which individuals lose access to food assistance due to earning just above eligibility thresholds.
- **SNAP (Supplemental Nutrition Assistance Program):** A federal program providing food assistance to low-income individuals and families, formerly known as food stamps.
- **Food Justice:** The movement advocating for fair access to affordable and nutritious food for all.
- **Systemic Poverty:** Economic conditions and policies that keep people trapped in cycles of financial hardship.
- **Cost of Living:** The amount of money needed to cover basic expenses like food, housing, and healthcare.
- **Invisible Hunger:** Food insecurity experienced by individuals who do not fit traditional stereotypes of poverty.
- **Structural Barriers:** Economic and policy-based obstacles that prevent access to stable employment and food security.
- **Dignity of Work:** The idea that employment should provide financial stability and meet basic human needs, including food.