



Knox County

2025 FOOD INSECURITY COUNTY FACT SHEET

Food Insecurity Rates

| | Rate for All Individuals | Number of Food Insecure Individuals | Child Rate | Number of Food Insecure Children |
|-------|--------------------------|-------------------------------------|------------|----------------------------------|
| Knox | 12.3% | 5,040 | 18.1% | 1,260 |
| Maine | 13.8% | 191,920 | 20.6% | 50,610 |

Source: Feeding America, Map the Meal Gap Report • Created with Datawrapper

Economic Hardship: Households Below the ALICE Threshold

ALICE stands for Asset Limited, Income Constrained, Employed. ALICE households are those who earn above the federal poverty line but still struggle to afford basic necessities like housing, childcare, transportation, and healthcare.

Poverty ALICE

Knox County



Maine



Source: United for ALICE, United Ways of Maine • Created with Datawrapper

Average Cost Per Meal

| | |
|-------|--------|
| Knox | \$4.18 |
| Maine | \$3.76 |
| U.S. | \$3.58 |

Source: Feeding America, Map the Meal Gap Report • Created with Datawrapper



County Demographics: Populations with Higher Food Insecurity Rates

| | Food Insecurity Rate (2013-2022 avg. Maine) | Share of Knox County Population | Share of Maine Population |
|----------------------------|---|---------------------------------|---------------------------|
| Single-Parent Households | 39.1% | 4.2% | 4.3% |
| Hispanic or Latino | 27.9% | 1.8% | 2.1% |
| Black or African American | 27.4% | 1.3% | 2.5% |
| Individual with Disability | 26.0% | 12.7% | 16.0% |
| All Households | 12.9% | 100.0% | 100.0% |

Source: Food Insecurity Rates: Maine Office of the State Economist analysis of Current Population Survey Food Security Supplement (CPS-FSS), 2013-2022 data via IPUMS CPS. Share of Population: U.S. Census American Community Survey (ACS) 5-Year (2019-2023) • Created with Datawrapper

Share of Total Population Enrolled in SNAP

| | |
|-------|-----|
| Knox | 10% |
| Maine | 13% |

Source: State of Maine • Created with Datawrapper

Enrollment Among Income-Eligible Population



A rating of HIGH or LOW indicates that there is a statistically significant difference between the county's enrollment rate and the state average for enrollment among the estimated income-eligible population. **HIGH** = More of the income-eligible people in the county are enrolled in SNAP, compared to state average. **LOW** = Less income-eligible people are enrolled. **AVERAGE** = Not significantly different than state average for enrollment.

| | |
|------|---------|
| Knox | AVERAGE |
|------|---------|

Source: State of Maine analysis • Created with Datawrapper

County Demographics: Share of Population by Food Insecurity Risk Factors

| | Older Adults (65+) Living Alone | Households No Internet Access | Households No Vehicle Access | Share of Housing Occupied by Renters | Share of Renters that are Cost-Burdened |
|-------------|---------------------------------|-------------------------------|------------------------------|--------------------------------------|---|
| Knox County | 6% | 8% | 6% | 21% | 44% |
| Maine | 5% | 8% | 7% | 26% | 40% |

Source: U.S. Census American Community Survey (ACS) 5-Year (2019-2023) • Created with Datawrapper