



# State of Maine

## 2025 Food Insecurity Fact Sheet

### Food Insecurity Rates

	Rate for All Individuals	Number of Food Insecure Individuals	Child Rate	Number of Food Insecure Children
Maine	13.8%	191,920	20.6%	50,610
US	14.3%	13,829,000	19.2%	13,829,000

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.



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

### Average Cost Per Meal

Maine	\$3.76
U.S.	\$3.58

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



### Demographics: Populations with Higher Food Insecurity Rates



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

Maine	13%
United States	12%

Source: State of Maine • Created with Datawrapper



### Statewide 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
Maine	5%	8%	7%	26%	40%

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