

# Texas Food and Nutrition Security State Profile

## Overview

According to the [U.S. Department of Agriculture's Economic Research Service \(USDA ERS\)](#), 13.3% of households in Texas (TX) experienced food insecurity between 2018-2020. The prevalence of obesity among adults living in Texas was 35.8% in 2020 as reported by the [Behavioral Risk Factor Surveillance System \(BRFSS\)](#).

## Demographic Overview

[2019 U.S. Census](#) data reports Texas has an estimated population of 28.99 million. They identify as White (78.7%), Black (12.9%), American Indian and Alaska Native (1%), Asian (5.2%), Native Hawaiian and Other Pacific Islander (0.1%) only. According to the 2019 Census report, 39.7% identify as Hispanic or Latino. 13.6% of Texas residents experienced poverty in 2019.

## Building Resilient Inclusive Communities (BRIC) - TX BRIC Communities

The following counties will be prioritized by the TX BRIC project: Bowie, Red River, and San Augustine Counties.

## Food Banks, Pantries and Feeding Programs

There are 21 food banks that serve Texas. [Feeding Texas](#) is the state association that serves the food banks in Texas.

- [East Texas Food Bank](#)
  - Serves Bowie and Red River Counties.
  - Operates Summer Food Service Program, Kids Cafe, Afterschool Snack Program, Mobile Pantries, backpack programs, Senior Box Program, WIC referrals, and SNAP outreach.
  - Conducts nutrition education through healthcare screenings, direct education, and a healthy pantry program.
- [Southeast Texas Food Bank](#)
  - Serves San Augustine County.
  - Operates Summer Food Service Program, Kids Cafe, Mobile Pantries, backpack programs, Senior Box Program, and SNAP outreach.
  - Conducts nutrition education through direct education.

For more information on the other Texas food banks, click their names below:

- [Harvest Regional Food Bank](#)
- [Food Bank of West Central Texas](#)
- [High Plains Food Bank](#)
- [Central Texas Food Bank](#)
- [Coastal Bend Food Bank](#)
- [El Pasoans Fighting Hunger Food Bank](#)
- [Tarrant Area Food Bank](#)
- [Houston Food Bank](#)
- [South Texas Food Bank](#)

- [South Plains Food Bank](#)
- [West Texas Food Bank](#)
- [Food Bank of the Rio Grande Valley](#)
- [North Texas Food Bank](#)
- [San Antonio Food Bank](#)
- [Food Bank of the Golden Crescent](#)
- [Wichita Falls Area Food Bank](#)
- [Southeast Texas Food Bank](#)
- [Brazos Valley Food Bank](#)
- [Montgomery County Food Bank](#)
- [Concho Valley Regional Food Bank](#)
- [Galveston County Food Bank](#)

## Select Food and Nutrition Security Programs

### Healthy Food Incentive Programs

- [Double Up Food Bucks TX](#)
- Gus Schumacher Nutrition Incentive Program (GusNIP)
  - *Current Funding:* Bolstering and Building Capacity for Double Up Across Texas (2019-2021) funded program led by [Sustainable Food Center, Inc.](#)

### Community Nutrition Education Programs

- Expanded Food and Nutrition Education Program (EFNEP)
  - [Texas A&M University Extension](#)
- Supplemental Nutrition Assistance Program Education (SNAP-ED)
  - The [Texas Health and Human Services Commission](#) is the state agency responsible for the TX SNAP-Ed program called Good Food, Good Move. SNAP-Ed implementing agencies include:
    - [Common Threads](#)
    - [It's Time Texas](#)
    - [Department of State Health Services \(DSHS\) - Health Promotion and Chronic Disease Prevention](#)
    - [DSHS Office of Border Public Health](#)
    - [Feeding Texas](#) - Subcontracts with all 18 food banks
    - [HHSC Aging Services - Texercise](#)
    - [HHSC Early Childhood Intervention](#)
    - [HHSC Women, Infants, and Children \(WIC\)](#)
    - [MHP Salud](#)
    - [Texas A&M University AgriLife Extension Service](#)
    - [UTHealth School of Public Health in Austin](#)
  - View more [information](#).

### COVID Response

- Pandemic EBT (P-EBT) Program resources are available at [TX Health and Human Services](#).

## Food (Policy) Coalitions and Councils

- View a [list of food policy councils](#) in Texas.

### Other Collaborators to Consider

- [Every Texan](#) “strengthens public policy to expand opportunity and equity for Texans of all background.”
- [It’s Time Texas](#) “empowers Texans to lead healthier lives and build healthier communities.”
- [Texas Association of Community Action Agencies](#) “operates programs to increase the capacity of organizations to serve low-income Texans.”
- [Baylor University: Collaborative on Hunger and Poverty](#) “brings together efforts to address hunger in Texas and beyond.”

### Data Sources and Resources

- [TX Profile of Hunger, Poverty and Federal Nutrition Programs](#) - Food Research and Action Center

---

The Improving Food Security, Access to Safe Physical Activity, and Social Connectedness (otherwise known as the Building Resilient Inclusive Communities, or BRIC) program is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$7,000,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

The National Association of Chronic Disease Directors (NACDD) and its more than 7,000 Members seek to strengthen state-based leadership and expertise for chronic disease prevention and control in states and nationally. For more information, visit [chronicdisease.org](http://chronicdisease.org).