STATE OF FOOD INSECURITY IN CONNECTICUT 2025
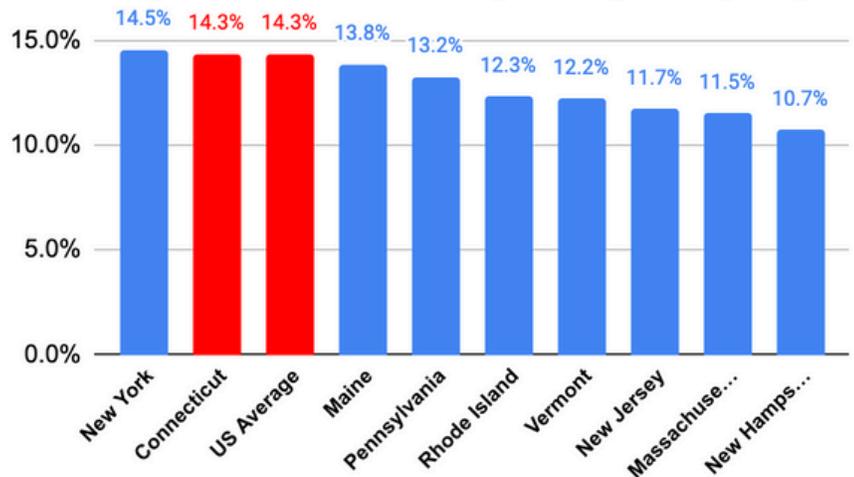
2025 Report

Commission on Women, Children, Seniors, Equity, and Opportunity
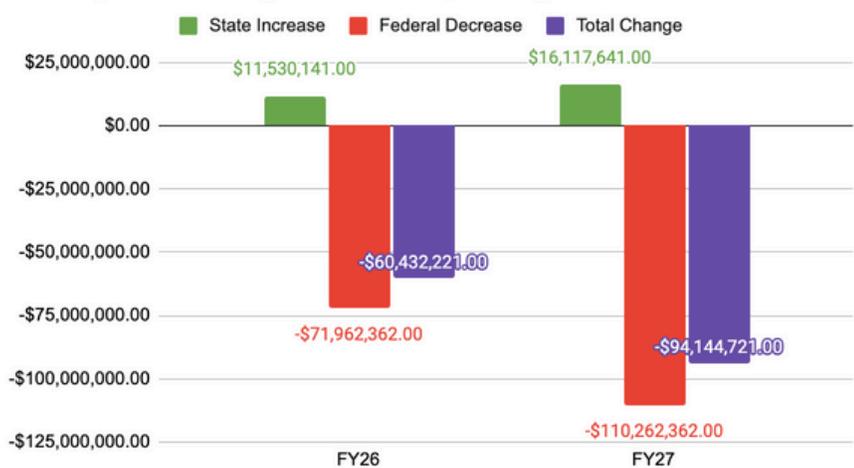
KEY FINDINGS

1. Connecticut passed Maine to become the most food insecure state in New England with rates identical to the national average (Feeding America).
2. Federal food security funding has been decreasing since 2022 and is cut by approximately $72 million in 2025, $110 million in 2026, and up to $243 million in 2027.
3. School meals access in CT decreased for the 3rd straight year by eliminating free school meals for Reduced-Price Households.
4. Massachusetts, New York, New Jersey, and Vermont all **spend more per capita on just 3** of their food insecurity programs than Connecticut spends on 21 programs and 30 earmarks **combined.**
5. Food prices rose 3% in 2025 after already rising 23.6% from 2020 to 2024.
6. There was 23% increase in need at CT Foodshare partner food pantries in 2025 before shutdown and SNAP changes took effect, with some areas seeing even higher increases.
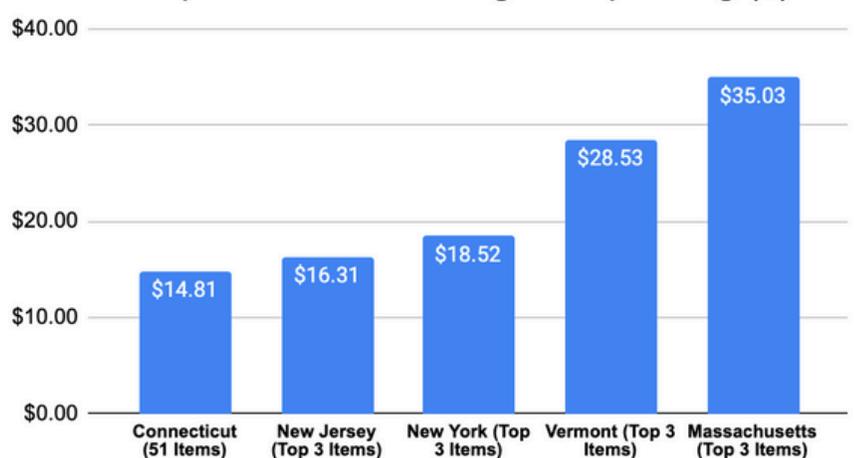
Feeding America Food Insecurity Rate by State (2023)

State	Rate
New York	14.5%
Connecticut	14.3%
US Average	14.3%
Maine	13.8%
Pennsylvania	13.2%
Rhode Island	12.3%
Vermont	12.2%
New Jersey	11.7%
Massachuse...	11.5%
New Hamps...	10.7%

Projected Changes in Food Spending Over the Biennium

Legend: State Increase, Federal Decrease, Total Change

FY26:
- State Increase: $11,530,141.00
- Federal Decrease: -$71,962,362.00
- Total Change: -$60,432,221.00

FY27:
- State Increase: $16,117,641.00
- Federal Decrease: -$110,262,362.00
- Total Change: -$94,144,721.00

Per Capita State Food Program Spending ($)

	Spending
Connecticut (51 Items)	$14.81
New Jersey (Top 3 Items)	$16.31
New York (Top 3 Items)	$18.52
Vermont (Top 3 Items)	$28.53
Massachusetts (Top 3 Items)	$35.03

RECOMMENDATIONS

Primary: Establish a Nonlapsing Food & Nutrition Special Fund in the State Budget with Dedicated Revenue Sources.

    a. Remove sales tax exemption from ultra-processed and otherwise extremely unhealthy foods and/or dedicate revenue from already non-exempt items (excluding SNAP purchases).

    b. Dedicate the 1% prepared meal surcharge revenue.

    c. Expand the luxury tax to cover extremely high priced food and beverages.

    d. Impose an excise tax on sugar-sweetened beverages.

    e. Create the fund and allow it to be filled by non-dedicated sources.

Renewed from 2024:

1. Universal Free School Meals
2. Mitigate Benefits Cliffs
3. State Minimum SNAP Benefit
4. Double SNAP for CT Grown Produce
5. Medicaid Waiver to Cover Food as Medicine Programs
6. Fund Local Food Purchasing (LFPA) for Food Banks
7. Create a Food Business Incubator Program
8. State-Funded Community Food Hubs
9. Expand the Food Systems Capacity Building Grant
10. Fill Data Gaps

New:

1. Measure Food Insecurity Data at the State Level and Create a State Plan to Eliminate Food Insecurity
2. Require Ultra-Processed and Hyper-Palatable Food Labeling on the Front of the Package and Nutrition Ratings on Store Shelves
3. Establish a Holistic Food Education State Roadmap and Develop Model Curricula

QR Code for Full Report

CONTACT US
Christian.Duborg@cga.ct.gov
https://wp.cga.ct.gov/cwcseo/