What is Food Insecurity or Food Poverty?

The inability to access affordable food, or the worry that you may be unable to do so.

MILD FOOD INSECURITY
- Worrying about the ability to obtain food

MODERATE FOOD INSECURITY
- Compromising quality and variety of food

SEVERE FOOD INSECURITY
- Reducing quantities, skipping meals
- Experiencing hunger

The focus of my work:
Over 20 years’ experience of working closely with a wide range of sectors / organisations to understand food poverty.

Measuring food poverty:
UUBS research (2018) reported 35% of respondents experienced at least one symptom of food poverty concerned with worry about running out of food or not eating enough.

Mapping:
Ulster University research* has mapped households’ access to food to understand the availability and affordability of food across Northern Ireland.* PhD research. McClelland et al 2021

Heat or eat?
UUBS research with people at risk of fuel poverty (2015) found:
- 41% unable to comfortably feed themselves and their families three meals per day all of the time.
- 31% forced to make a choice between food and other essentials

Other areas of work:
- Food poverty research to inform consultations and evidence submissions
- Food poverty during Covid-19
- Food insecurity among university students
- Food affordability post-EU Exit
- Food poverty and health inequalities

Listen to my podcast on food poverty
#WeAreUU Expert Podcast:
Food Poverty with Ulster’s Dr Sinéad Furey

Read my research
Dr Sinéad Furey’s publications

Email / Tweet me if I can support your food insecurity work:
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