



## What is food insecurity or food poverty?

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# What is Food Insecurity or Food Poverty?



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

**Dr Sinéad Furey**  
Ulster University Business School  
(UUBS)



## 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:

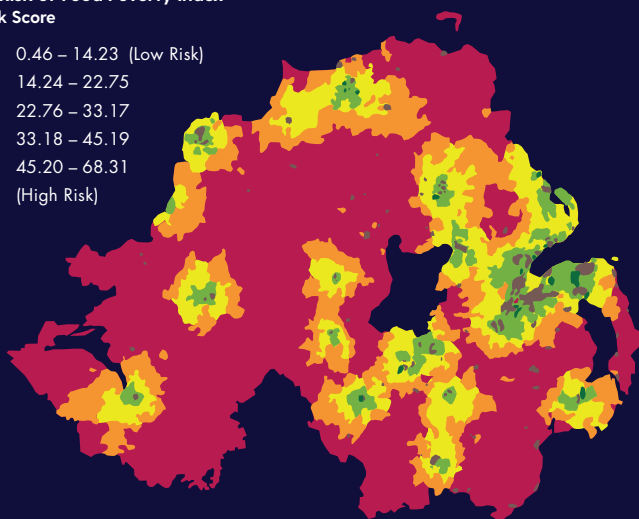
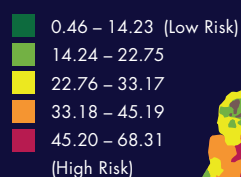
UUBS research (2018) reported 35% of respondents experienced at least one symptom of food poverty concerned with worry about running out of food or not eating enough.



## Mapping:

Ulster University research\* has mapped householders' access to food to understand the availability and affordability of food across Northern Ireland. \* PhD research, McClelland et al 2021

**At Risk of Food Poverty Index**  
Risk Score

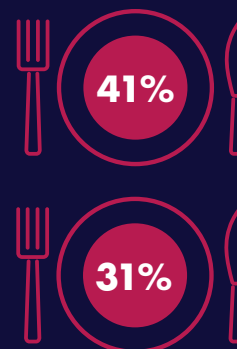


## Heat or eat?

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 affordability post-EU Exit
- Food insecurity among university students
- 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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