

What is Household Food Security?

(Definitions from the Life Sciences Research Office – Anderson 1990)

Food Security Access by all people at all times to enough food for an active, healthy life. Food security includes at a minimum:

1. The ready availability of nutritionally adequate and safe foods
2. An assured ability to acquire acceptable foods in socially acceptable ways

Food Insecurity Limited or uncertain availability of nutritionally adequate and safe foods of limited or uncertain ability to acquire acceptable foods in socially acceptable ways

Hunger Uneasy or painful sensation caused by the lack of food. The recurrent and involuntary lack of access to food.

What's Food Recovery?

Food recovery is the collection of wholesome food for distribution to the poor and hungry. The four most common methods for food recovery are:

1. **Field gleaning:** The collection of crops from farmers' fields that have already been mechanically harvested or on fields where it is not economically profitable to harvest.
2. **Perishable food rescue or salvage:** The collection of perishable produce from wholesale and retail sources.
3. **Food rescue:** The collection of prepared foods from the food service industry.
4. **Nonperishable food collection:** The collection of processed foods with long shelf lives.

Source: "A Citizen's Guide to Food Recovery," USDA, April, 1997.
