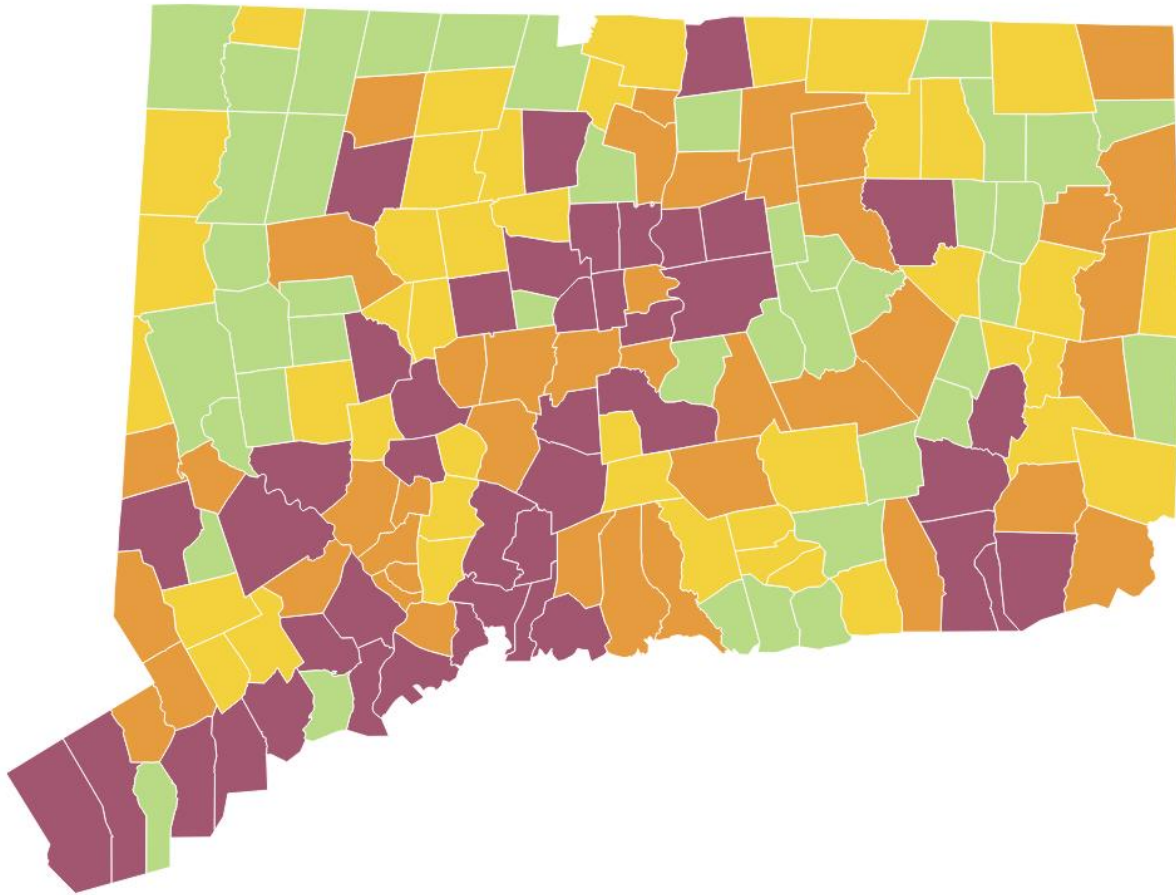


## Connecticut Food Security Meal Gap Analysis of 169 Towns

April 2022



### Overview of Project

As the state's largest centralized provider of emergency food assistance, Connecticut Foodshare supplies the equivalent of approximately 40 million meals annually for an estimated 428,000 residents at risk of hunger in Connecticut<sup>1</sup>. The Connecticut **Meal Gap Analysis** project evaluates how Connecticut Foodshare resources are distributed to our network of 700 partner agencies and programs with the goal of identifying potential regional or town level gaps in service. This analysis is meant to help us gain a more comprehensive picture of Connecticut Foodshare's impact on the food assistance landscape.

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<sup>1</sup> <https://map.feedingamerica.org/county/2019/overall/connecticut>

## Project Scope

The Connecticut **Meal Gap Analysis** report was developed to help inform Connecticut Foodshare's decision making around the establishment of partnerships and deployment of resources while ensuring that we distribute food equitably to food-insecure populations living within the many different geographies of our state.

This report provides a snapshot of how Connecticut Foodshare's food resources are currently dispersed throughout the 169 towns in our state. We discuss the impact of food supplied *only by Connecticut Foodshare* toward an estimated town meal gap goal. Connecticut Foodshare uses the meal gap metric for analysis because it is published annually in Feeding America's national Map the Meal Gap study.

## Recommended Use

While Connecticut Foodshare is the leading statewide distributor of charitable food, we are not the only source of food assistance in Connecticut. We encourage using this report as a starting point for learning about Connecticut Foodshare's impact on food insecurity at the town level. A complete food security impact analysis requires the examination of additional state and local interventions and charitable efforts – outside of the scope of this report – that collectively contribute to reducing the meal gap and eliminating hunger in our communities.

## Limitations

Connecticut Foodshare will incorporate additional factors impacting food security into our decision making that are not covered in this initial analysis. These include but are not limited to:

- ❖ **Federal nutrition programs** (other than federal commodity programs operated by Connecticut Foodshare<sup>2</sup>) that provide food assistance and benefits. This includes child nutrition programs (such as school meals), WIC (Special Supplemental Nutrition Program for Woman Infants & Children), and SNAP (Supplemental Nutrition Assistance Program).
- ❖ **Unaffiliated partnerships** that provide communities with alternative sources of food or SNAP enrollment assistance. These include regional food banks, local charitable programs, food justice coalitions, and SNAP outreach programs.
- ❖ **Geographic boundaries** limit our analysis of food distribution to the town where each partner agency or program is physically located. This report does not account for individuals accessing resources in neighboring communities across town lines.
- ❖ **Community access** indicators and barriers to food access. Examples of access indicators include agency days and hours/frequency of operation, transportation availability, and Equity, Diversity, and Inclusion analysis (e.g., race, ethnicity, language access).
- ❖ **Local food assistance program capacity** (e.g., food selection, volunteer availability, service delivery, and client experience) and **individual experiences of food insecurity**.

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<sup>2</sup> TEFAP (The Emergency Food Assistance Program) and CSFP (Commodity Supplemental Food Program)

## Summary of Work

***Note:** The COVID-19 pandemic had a sweeping impact on every community in Connecticut. Broad public, private, and government support made it possible for Connecticut Foodshare to increase food distribution dramatically as part of our response. This analysis draws upon the most recent food insecurity data available from 2019. Connecticut Foodshare distribution impact estimates were adjusted to exclude large scale COVID-response efforts and align distribution with pre-COVID (2019) levels.*

Connecticut Foodshare used Feeding America's Map the Meal Gap (2019) food insecurity data to analyze the current impact of food distribution at the town level. State, county, and congressional district food insecurity data is released annually by Feeding America with accompanying meal gap estimates. **The meal gap is the estimated number of additional meals required for all food insecure individuals to have sufficient access to food.** While Connecticut Foodshare has a clear picture of our organization's food distribution impact and meal gap goal at the county level, we did not have the same clarity for the many towns that comprise each county.

Feeding America also provides food insecurity data for other geographies – without accompanying meal gap estimates – to food banks upon request. Connecticut Foodshare obtained town level food insecurity data and employed a methodology consistent with Feeding America's approach to determine the meal gap for each town in Connecticut. Towns were ranked by their current level of Connecticut Foodshare food distribution compared to their estimated meal gap and their remaining meal gap goal. These rankings were presented alongside regional town classifications and community need indicators to help Connecticut Foodshare identify locations with the greatest gaps in service.

## Key Findings

Connecticut Foodshare supplies enough meals annually to our network of partner agencies and programs to reduce the estimated statewide meal gap by nearly half. A town level meal gap analysis revealed the following:

- ❖ Connecticut Foodshare supplies food directly to partners located in nearly 70% of the towns in Connecticut. Towns with a Connecticut Foodshare presence receive an average of one-third of the meals needed to meet their town level meal gap.
- ❖ Densely populated urban core and urban periphery towns receive the most food from Connecticut Foodshare. These towns have higher than average food insecurity rates and significantly larger than average town level meal gaps.
- ❖ One in three Connecticut towns do not have any partner locations receiving food directly from Connecticut Foodshare. These towns are more likely to have smaller meal gaps and be rural, suburban, or wealthy.

## Additional Recommendations

### 1. Distribution Impact & Meal Gap Goals

- ❖ The “% **Need Met**” data in the table at the end of this document reflects how much food Connecticut Foodshare contributes toward each town’s meal gap goal.
  - When using this report to prioritize **service delivery at the town level**, the obvious approach may be to target high need towns at the top of the list – those with the largest meal gap goals. We recommend also looking at towns with multiple high indicators of community need (●) where Connecticut Foodshare distribution is currently meeting less than 30% of the meal gap (▼).
  - **Towns with larger meal gap goals** and 60% or greater need met (▲) are likely to have a substantial Connecticut Foodshare presence and may benefit from an examination of existing partnerships and food resource allocation to ensure that partners are working in tandem.
  - **Towns with smaller meal gap goals** and less than 30% of need met (▼) are more likely to benefit from the investigation and identification of alternative charitable food resources or the strategic addition of a new partnership or program. A single program may have a significant impact on reducing the overall meal gap in these towns.

### 2. Community Need Indicators

Towns with community need indicators (●) above the statewide median are flagged as having above average need. Indicators include food insecurity rate, estimated SNAP (Supplemental Nutrition Assistance Program) participation rate, percentage of households with incomes at or below the ALICE (Asset Limited, Income Constrained, Employed) threshold, child poverty rate, and senior poverty rate. Community need indicators may be relevant when considering town level programming and partnerships targeted toward specific populations.

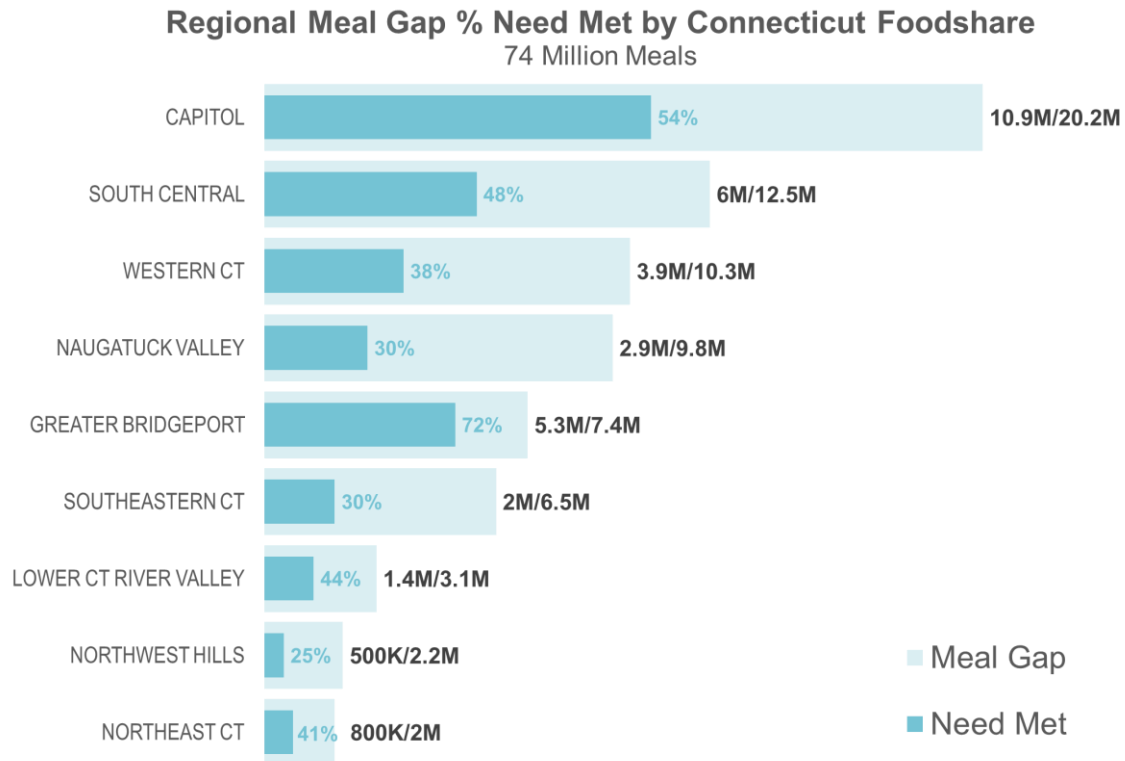
### 3. Town Classification

The town classification categorizes towns according to population density, median income, and poverty rate.

- ❖ **Urban Core & Urban Peripheries:** Food insecurity analysis is recommended at the census tract level along with geo-mapping of partners to afford a more complete view of how food is distributed throughout different neighborhoods and to ensure adequate coverage of service.
- ❖ **Rural, Suburban, and Wealthy:** While many of these towns have smaller meal gaps, fewer food insecure individuals, and less of a direct Connecticut Foodshare presence, they may still have relatively high rates of food insecurity. Census tract analysis and partner geo-mapping is recommended but may offer limited insight for towns with only one or two tracts.

## 4. Region

This report categorized towns according to their regional Council of Government (COG) as an alternative to county. An analysis of Connecticut Foodshare’s distribution impact by region reveals that the Northwest Hills, Southeastern Connecticut, and Naugatuck Valley regions receive a smaller than average percentage of food from Connecticut Foodshare toward their overall regional meal gap goal.



Certain town classifications within each region are more likely to receive a smaller than average percentage of food from Connecticut Foodshare toward their overall meal gap goal. Investigation of region-town classification groups that are colored orange or red in the below table (e.g., wealthy towns in Greater Bridgeport region, suburban towns in Southeastern Connecticut region) is recommended.

### Connecticut Foodshare Distribution as % of Meal Gap

Region	Urban					% Meal Gap Met
	Rural	Periphery	Suburban	Urban Core	Wealthy	
Capitol	44%	45%	34%	79%		54%
Greater Bridgeport		55%	6%	100%	0%	72%
Lower CT River Valley	54%	54%	36%			44%
Naugatuck Valley	27%	34%	9%	41%		30%
Northeast CT	41%					41%
Northwest Hills	10%	46%	22%			25%
South Central		36%	24%	76%	0%	48%
Southeastern CT	11%	39%	1%	65%		30%
Western CT	91%	46%	21%		18%	38%
<b>Total Meals</b>	<b>31%</b>	<b>42%</b>	<b>23%</b>	<b>76%</b>	<b>16%</b>	<b>46%</b>

## Methodology

**June 13, 2022:** Minor revision made to original estimates. Updated numbers are rounded and vary slightly from April 2022 release. Please contact Amy Lloyd with questions.

Questions can be directed to the author of this report:

Amy Lloyd  
Connecticut Foodshare  
[alloyd@ctfoodshare.org](mailto:alloyd@ctfoodshare.org)

**Note:** Feeding America calculates town level food insecurity estimates independently of county level food insecurity estimates. Because of this, town rates will not aggregate up to county food insecurity rates. Food insecurity estimates will be close but not the same when compared to rates calculated for different geographies.

Town level meal gap estimates were calculated using a combination of 2019 town food insecurity data released by Feeding America (included in Connecticut Food Security Gap Analysis Data table at the end of this document) and 2019 county food insecurity data released by Feeding America (included in the table below). Please refer to Feeding America's technical brief for more information<sup>3</sup>. Connecticut Foodshare ranked towns and placed into quartiles (high, med-high, med-low, low) based on relative need as defined by total remaining meal gap goal. Connecticut Foodshare distribution data was converted from pounds to meals using the USDA conversion of 1 meal = 1.2 pounds.

**Town Meal Gap** = # food insecure persons (town) x weekly \$ shortfall per food insecure person (county) x 52 weeks x 7/12 months) / weighted average retail cost per meal (county)

**Remaining Meal Gap Goal** = Town Meal Gap – Connecticut Foodshare Distribution (Fiscal Year 2021 Ending 6/30/21)<sup>4</sup>

County	Avg. Retail Cost Per Meal	Weighted Weekly \$ Shortfall per Food Insecure Person
Fairfield	\$3.98	\$22.42
Hartford	\$3.47	\$19.54
Litchfield	\$3.69	\$20.78
Middlesex	\$3.87	\$21.82
New Haven	\$3.47	\$19.53
New London	\$3.44	\$19.41
Tolland	\$4.15	\$23.39
Windham	\$3.13	\$17.63

The food insecurity rate for the town of **Mansfield** is estimated with the caution that it may not be a representative figure due to the town's large undergraduate population.

<sup>3</sup> <https://www.feedingamerica.org/research/map-the-meal-gap/how-we-got-the-map-data>

<sup>4</sup> Excludes food supplied at large-scale COVID-19 distributions and by inactive programs

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# Connecticut Foodshare

## Meal Gap Analysis of 169 Towns

**Distribution Impact (Meals)**  
Rounded to Nearest 100  
<sup>1</sup> Excludes food supplied through large-scale COVID distributions & inactive programs  
<sup>2</sup> If % Need Met is Above Town Meal Gap, then Remaining Goal is listed as zero

**Community Need**  
● = Above Average Need

Town	County	Region	Town Classification	Gap Rank	Town Meal Gap	Distribution Impact (Meals)			# Food Insecure People	Food Insecurity Rate	Estimated SNAP Participation Rate	% Households w/ Incomes Below ALICE Threshold	Child Poverty Rate	Senior Poverty Rate
						Meals Distributed & % Need Met		Remaining Goal <sup>2</sup>						
						Last Year Distribution <sup>1</sup>								
Waterbury	New Haven	Naugatuck Valley	Urban Core	High	3,557,600	30% to 59%	—	2,093,600	20,840	● 19.2%	● 97%	● 64%	● 35%	● 14%
Stamford	Fairfield	Western CT	Urban Periphery	High	2,586,700	30% to 59%	—	1,535,400	15,140	● 11.7%	● 41%	● 42%	● 12%	● 10%
Norwalk	Fairfield	Western CT	Urban Periphery	High	1,765,100	30% to 59%	—	1,152,300	10,330	● 11.7%	● 43%	● 44%	● 14%	● 11%
West Haven	New Haven	South Central	Urban Periphery	High	1,343,500	Less than 30%	▼	1,091,400	7,870	● 14.4%	● 86%	● 49%	● 17%	● 4%
Bristol	Hartford	Naugatuck Valley	Urban Periphery	High	1,363,400	Less than 30%	▼	1,090,000	7,980	● 13.2%	● 85%	● 37%	● 14%	● 9%
New Haven	New Haven	South Central	Urban Core	High	4,433,100	60% or More	▲	1,071,600	25,970	● 19.9%	● 82%	● 63%	● 36%	● 16%
New Britain	Hartford	Capitol	Urban Core	High	2,231,400	30% to 59%	—	1,003,900	13,060	● 18.0%	● 99%	● 54%	● 33%	● 13%
Groton	New London	Southeastern CT	Urban Periphery	High	959,900	Less than 30%	▼	955,200	5,610	● 14.4%	● 51%	● 35%	● 19%	● 4%
Manchester	Hartford	Capitol	Urban Periphery	High	1,242,100	Less than 30%	▼	909,600	7,270	● 12.6%	● 94%	● 34%	● 12%	● 8%
Greenwich	Fairfield	Western CT	Wealthy	High	1,026,900	Less than 30%	▼	875,300	6,010	● 9.6%	● 22%	● 29%	● 6%	● 6%
Fairfield	Fairfield	Greater Bridgeport	Suburban	High	856,000	Less than 30%	▼	828,000	5,010	● 8.1%	● 30%	● 28%	● 3%	● 4%
West Hartford	Hartford	Capitol	Urban Periphery	High	1,025,100	Less than 30%	▼	771,400	6,000	● 9.5%	● 61%	● 24%	● 7%	● 8%
Norwich	New London	Southeastern CT	Urban Periphery	High	1,047,100	30% to 59%	—	694,900	6,120	● 15.6%	● 99%	● 44%	● 19%	● 9%
Shelton	Fairfield	Naugatuck Valley	Suburban	High	685,200	Less than 30%	▼	683,200	4,010	● 9.7%	● 52%	● 37%	● 3%	● 5%
Meriden	New Haven	South Central	Urban Periphery	High	1,282,100	30% to 59%	—	662,900	7,510	● 12.6%	● 116%	● 50%	● 16%	● 9%
Milford	New Haven	South Central	Urban Periphery	High	935,400	30% to 59%	—	650,500	5,480	● 10.1%	● 55%	● 31%	● 4%	● 5%
Danbury	Fairfield	Western CT	Urban Periphery	High	1,763,300	60% or More	▲	612,600	10,320	● 12.2%	● 43%	● 49%	● 17%	● 8%
Hamden	New Haven	South Central	Urban Periphery	High	1,104,600	30% to 59%	—	453,900	6,470	● 10.6%	● 83%	● 38%	● 11%	● 8%
East Hartford	Hartford	Capitol	Urban Periphery	High	1,166,900	30% to 59%	—	547,000	6,830	● 13.6%	● 93%	● 43%	● 20%	● 16%
Middletown	Middlesex	Lower CT River Valley	Urban Periphery	High	1,099,500	30% to 59%	—	511,200	6,430	● 13.8%	● 88%	● 38%	● 16%	● 9%
Trumbull	Fairfield	Greater Bridgeport	Suburban	High	504,000	Less than 30%	▼	477,600	2,950	● 8.2%	● 41%	● 26%	● 3%	● 2%
Mansfield	Tolland	Capitol	Rural	High	538,100	Less than 30%	▼	462,700	3,147	● 12.2%	● 18%	● 49%	● 8%	● 3%
Glastonbury	Hartford	Capitol	Suburban	High	504,000	Less than 30%	▼	444,200	2,950	● 8.5%	● 51%	● 20%	● 2%	● 7%
Newington	Hartford	Capitol	Urban Periphery	High	521,000	Less than 30%	▼	440,300	3,050	● 10.1%	● 60%	● 28%	● 6%	● 8%
Torrington	Litchfield	Northwest Hills	Urban Periphery	High	807,900	30% to 59%	—	436,200	4,730	● 13.7%	● 85%	● 40%	● 14%	● 7%
Enfield	Hartford	Capitol	Urban Periphery	High	872,900	30% to 59%	—	431,000	5,110	● 11.6%	● 63%	● 31%	● 10%	● 5%
Stratford	Fairfield	Greater Bridgeport	Urban Periphery	High	948,200	30% to 59%	—	428,700	5,550	● 10.6%	● 73%	● 46%	● 12%	● 8%



# Connecticut Foodshare

## Meal Gap Analysis of 169 Towns

**Distribution Impact (Meals)**  
Rounded to Nearest 100  
<sup>1</sup> Excludes food supplied through large-scale COVID distributions & inactive programs  
<sup>2</sup> If % Need Met is Above Town Meal Gap, then Remaining Goal is listed as zero

**Community Need**  
● = Above Average Need

Town	County	Region	Town Classification	Gap Rank	Town Meal Gap	Distribution Impact (Meals)			# Food Insecure People	Food Insecurity Rate	Estimated SNAP Participation Rate	% Households w/ Incomes Below ALICE Threshold	Child Poverty Rate	Senior Poverty Rate
						Meals Distributed & % Need Met		Remaining Goal <sup>2</sup>						
						Last Year Distribution <sup>1</sup>								
Farmington	Hartford	Capitol	Suburban	High	481,800	Less than 30%	▼	423,100	2,820	● 11.0%	● 31%	26%	● 7%	● 8%
Watertown	Litchfield	Naugatuck Valley	Suburban	High	404,900	None	▼	404,900	2,370	● 10.9%	58%	● 29%	● 6%	● 7%
Hartford	Hartford	Capitol	Urban Core	High	4,616,400	60% or More	▲	398,300	27,020	● 21.9%	100%	● 64%	● 37%	● 24%
Branford	New Haven	South Central	Urban Periphery	High	547,800	Less than 30%	▼	387,700	3,210	● 11.4%	● 49%	● 35%	● 8%	5%
East Haven	New Haven	South Central	Urban Periphery	High	602,600	30% to 59%	▬	383,200	3,530	● 12.3%	71%	● 43%	● 16%	● 7%
North Haven	New Haven	South Central	Suburban	High	382,400	None	▼	382,400	2,240	9.5%	54%	● 30%	● 7%	5%
Newtown	Fairfield	Western CT	Suburban	High	377,600	None	▼	377,600	2,210	7.9%	● 46%	● 28%	2%	4%
Montville	New London	Southeastern CT	Rural	High	410,800	Less than 30%	▼	346,000	2,400	● 12.7%	71%	27%	● 11%	4%
Waterford	New London	Southeastern CT	Rural	High	349,100	Less than 30%	▼	340,900	2,040	● 10.8%	54%	● 29%	● 6%	● 8%
Wallingford	New Haven	South Central	Suburban	High	757,900	30% to 59%	▬	340,100	4,440	● 9.9%	68%	● 33%	● 7%	● 6%
Westport	Fairfield	Western CT	Wealthy	High	336,700	None	▼	336,700	1,970	7.0%	● 28%	21%	3%	3%
New London	New London	Southeastern CT	Urban Core	High	929,100	60% or More	▲	327,100	5,430	● 20.1%	91%	● 56%	● 40%	● 14%
Rocky Hill	Hartford	Capitol	Urban Periphery	High	377,500	Less than 30%	▼	326,900	2,210	● 11.0%	● 40%	22%	3%	● 7%
Simsbury	Hartford	Capitol	Suburban	High	351,900	Less than 30%	▼	320,500	2,060	8.3%	● 34%	20%	2%	5%
Southbury	New Haven	Naugatuck Valley	Suburban	High	324,200	Less than 30%	▼	318,600	1,900	9.6%	● 28%	● 29%	2%	● 9%
Naugatuck	New Haven	Naugatuck Valley	Urban Periphery	High	626,500	30% to 59%	▬	305,400	3,670	● 11.7%	94%	● 40%	● 11%	● 5%
Wethersfield	Hartford	Capitol	Urban Periphery	Med-High	406,600	Less than 30%	▼	302,700	2,380	9.1%	71%	● 30%	● 5%	● 6%
Colchester	New London	Southeastern CT	Suburban	Med-High	297,700	Less than 30%	▼	294,000	1,740	● 11.0%	53%	20%	● 14%	● 5%
New Canaan	Fairfield	Western CT	Wealthy	Med-High	286,900	None	▼	286,900	1,680	8.3%	● 21%	21%	1%	3%
Stonington	New London	Southeastern CT	Rural	Med-High	369,500	Less than 30%	▼	281,600	2,160	● 11.7%	66%	● 29%	● 12%	4%
Guilford	New Haven	South Central	Suburban	Med-High	291,900	Less than 30%	▼	281,400	1,710	7.7%	● 35%	24%	2%	2%
South Windsor	Hartford	Capitol	Suburban	Med-High	372,300	Less than 30%	▼	278,000	2,180	8.4%	● 49%	23%	4%	● 7%
Ellington	Tolland	Capitol	Suburban	Med-High	307,700	Less than 30%	▼	272,700	1,800	● 11.1%	● 41%	● 33%	● 6%	4%
East Lyme	New London	Southeastern CT	Rural	Med-High	342,200	Less than 30%	▼	267,500	2,000	● 10.7%	● 43%	23%	● 12%	4%
Derby	New Haven	Naugatuck Valley	Urban Periphery	Med-High	356,800	Less than 30%	▼	261,200	2,090	● 16.7%	72%	● 52%	● 20%	● 15%
Berlin	Hartford	Capitol	Suburban	Med-High	304,000	Less than 30%	▼	255,100	1,780	8.7%	● 48%	25%	● 6%	● 6%
Ridgefield	Fairfield	Western CT	Wealthy	Med-High	276,900	Less than 30%	▼	248,500	1,620	6.5%	● 19%	22%	1%	● 5%

# Connecticut Foodshare

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**Distribution Impact (Meals)**  
 Rounded to Nearest 100  
<sup>1</sup> Excludes food supplied through large-scale COVID distributions & inactive programs  
<sup>2</sup> If % Need Met is Above Town Meal Gap, then Remaining Goal is listed as zero

**Community Need**  
 ● = Above Average Need

Town	County	Region	Town Classification	Gap Rank	Town Meal Gap	Meals Distributed & % Need Met			Remaining Goal <sup>2</sup>	# Food Insecure People	Food Insecurity Rate	Estimated SNAP Participation Rate	% Households w/ Incomes Below ALICE Threshold	Child Poverty Rate	Senior Poverty Rate
						Last Year Distribution <sup>1</sup>									
Winchester	Litchfield	Northwest Hills	Rural	Med-High	310,800	Less than 30%	▼	247,100	1,820	● 17.0%	75%	● 38%	● 15%	● 9%	
Brookfield	Fairfield	Western CT	Suburban	Med-High	264,800	Less than 30%	▼	243,300	1,550	9.1%	● 45%	● 32%	● 6%	5%	
Killingly	Windham	Northeast CT	Rural	Med-High	406,700	30% to 59%	▬	243,000	2,380	● 13.8%	77%	● 41%	● 16%	● 10%	
Madison	New Haven	South Central	Suburban	Med-High	266,300	Less than 30%	▼	235,600	1,560	8.6%	● 33%	23%	2%	● 6%	
East Hampton	Middlesex	Lower CT River Valley	Suburban	Med-High	242,900	Less than 30%	▼	233,100	1,420	● 11.0%	● 41%	22%	● 7%	4%	
Cheshire	New Haven	Naugatuck Valley	Suburban	Med-High	341,500	30% to 59%	▬	230,400	2,000	6.9%	52%	22%	2%	3%	
Southington	Hartford	Capitol	Suburban	Med-High	642,400	60% or More	▲	222,400	3,760	8.6%	57%	26%	4%	4%	
Griswold	New London	Southeastern CT	Rural	Med-High	239,500	Less than 30%	▼	222,300	1,400	● 12.0%	75%	● 34%	3%	1%	
Seymour	New Haven	Naugatuck Valley	Rural	Med-High	317,600	30% to 59%	▬	218,600	1,860	● 11.3%	60%	● 38%	● 7%	4%	
Ledyard	New London	Southeastern CT	Rural	Med-High	234,300	Less than 30%	▼	215,000	1,370	9.3%	58%	21%	5%	2%	
Ansonia	New Haven	Naugatuck Valley	Urban Periphery	Med-High	486,500	30% to 59%	▬	202,200	2,850	● 15.2%	94%	● 53%	● 21%	● 10%	
Windsor	Hartford	Capitol	Suburban	Med-High	331,400	30% to 59%	▬	200,900	1,940	6.7%	121%	25%	4%	● 6%	
Brooklyn	Windham	Northeast CT	Rural	Med-High	200,000	None	▼	200,000	1,170	● 14.1%	77%	● 31%	● 9%	● 6%	
Wilton	Fairfield	Western CT	Wealthy	Med-High	200,000	None	▼	200,000	1,170	6.3%	● 19%	18%	4%	1%	
Monroe	Fairfield	Greater Bridgeport	Suburban	Med-High	241,000	Less than 30%	▼	194,000	1,410	7.2%	● 32%	26%	2%	0%	
Cromwell	Middlesex	Lower CT River Valley	Suburban	Med-High	203,400	Less than 30%	▼	179,700	1,190	8.6%	● 48%	24%	4%	● 5%	
Orange	New Haven	South Central	Suburban	Med-High	179,300	None	▼	179,300	1,050	7.5%	● 38%	23%	1%	5%	
New Fairfield	Fairfield	Western CT	Suburban	Med-High	177,600	None	▼	177,600	1,040	7.4%	● 28%	● 27%	● 7%	3%	
Thompson	Windham	Northeast CT	Rural	Med-High	179,600	Less than 30%	▼	174,500	1,050	● 11.2%	69%	● 29%	5%	● 8%	
Windsor Locks	Hartford	Capitol	Urban Periphery	Med-High	249,600	30% to 59%	▬	173,400	1,460	● 11.5%	74%	● 31%	● 8%	● 7%	
Wolcott	New Haven	Naugatuck Valley	Suburban	Med-High	252,700	30% to 59%	▬	173,100	1,480	8.9%	70%	● 31%	3%	● 6%	
Oxford	New Haven	Naugatuck Valley	Suburban	Med-High	168,900	None	▼	168,900	990	7.6%	● 30%	23%	1%	3%	
Litchfield	Litchfield	Northwest Hills	Rural	Med-High	162,300	None	▼	162,300	950	● 11.7%	● 29%	● 32%	● 6%	● 7%	
Lebanon	New London	Southeastern CT	Rural	Med-High	155,800	None	▼	155,800	910	● 12.6%	70%	16%	● 15%	● 6%	
Plainfield	Windham	Northeast CT	Rural	Med-High	374,100	60% or More	▲	147,800	2,190	● 14.5%	85%	● 36%	● 9%	● 8%	
Coventry	Tolland	Capitol	Rural	Med-High	188,000	Less than 30%	▼	145,100	1,100	8.9%	71%	23%	4%	0%	
Vernon	Tolland	Capitol	Urban Periphery	Med-High	782,900	60% or More	▲	143,700	4,580	● 15.7%	76%	● 44%	● 8%	● 5%	

# Connecticut Foodshare

## Meal Gap Analysis of 169 Towns

**Distribution Impact (Meals)**  
 Rounded to Nearest 100  
<sup>1</sup> Excludes food supplied through large-scale COVID distributions & inactive programs  
<sup>2</sup> If % Need Met is Above Town Meal Gap, then Remaining Goal is listed as zero

**Community Need**  
 ● = Above Average Need

Town	County	Region	Town Classification	Gap Rank	Town Meal Gap	Meals Distributed & % Need Met		Remaining Goal <sup>2</sup>	# Food Insecure People	Food Insecurity Rate	Estimated SNAP Participation Rate	% Households w/ Incomes Below ALICE Threshold	Child Poverty Rate	Senior Poverty Rate
						Last Year Distribution <sup>1</sup>								
Haddam	Middlesex	Lower CT River Valley	Suburban	Med-High	143,700	None	▼	143,700	840	● 10.2%	● 27%	20%	3%	● 7%
Beacon Falls	New Haven	Naugatuck Valley	Rural	Med-High	141,800	None	▼	141,800	830	● 13.5%	● 50%	25%	0%	● 7%
North Branford	New Haven	South Central	Suburban	Med-High	196,300	Less than 30%	▼	140,600	1,150	8.1%	57%	27%	0%	● 7%
Tolland	Tolland	Capitol	Suburban	Med-High	159,000	Less than 30%	▼	133,100	930	6.3%	● 40%	16%	2%	3%
Thomaston	Litchfield	Naugatuck Valley	Rural	Med-Low	141,700	Less than 30%	▼	129,300	830	● 10.9%	74%	● 28%	● 11%	4%
Woodbury	Litchfield	Naugatuck Valley	Suburban	Med-Low	157,200	Less than 30%	▼	123,700	920	● 9.7%	● 26%	25%	● 6%	● 10%
Canton	Hartford	Capitol	Suburban	Med-Low	141,800	Less than 30%	▼	121,700	830	8.1%	● 30%	24%	1%	2%
Middlebury	New Haven	Naugatuck Valley	Suburban	Med-Low	114,400	None	▼	114,400	670	8.7%	● 48%	23%	1%	● 5%
Prospect	New Haven	Naugatuck Valley	Suburban	Med-Low	112,700	None	▼	112,700	660	6.8%	53%	24%	0%	2%
Redding	Fairfield	Western CT	Suburban	Med-Low	111,100	None	▼	111,100	650	7.1%	● 17%	● 31%	2%	● 10%
Essex	Middlesex	Lower CT River Valley	Suburban	Med-Low	109,600	None	▼	109,600	640	● 9.7%	● 21%	● 32%	5%	3%
Easton	Fairfield	Greater Bridgeport	Wealthy	Med-Low	109,300	None	▼	109,300	640	8.5%	● 29%	21%	3%	0%
Woodbridge	New Haven	South Central	Wealthy	Med-Low	107,500	None	▼	107,500	630	7.1%	● 42%	21%	3%	4%
East Haddam	Middlesex	Lower CT River Valley	Rural	Med-Low	133,300	Less than 30%	▼	104,100	780	8.6%	● 38%	23%	4%	3%
Suffield	Hartford	Capitol	Suburban	Med-Low	169,200	30% to 59%	▬	96,800	990	6.3%	96%	16%	0%	0%
Avon	Hartford	Capitol	Suburban	Med-Low	239,200	60% or More	▲	96,700	1,400	7.6%	● 30%	20%	3%	5%
Plymouth	Litchfield	Naugatuck Valley	Rural	Med-Low	187,800	30% to 59%	▬	94,800	1,100	9.4%	96%	● 29%	● 6%	5%
North Canaan	Litchfield	Northwest Hills	Rural	Med-Low	90,500	None	▼	90,500	530	● 16.0%	● 7%	● 37%	● 22%	3%
Killingworth	Middlesex	Lower CT River Valley	Suburban	Med-Low	85,500	None	▼	85,500	500	7.8%	● 32%	21%	4%	4%
Durham	Middlesex	Lower CT River Valley	Suburban	Med-Low	83,700	None	▼	83,700	490	6.8%	● 37%	18%	0%	● 6%
Willington	Tolland	Capitol	Rural	Med-Low	111,100	Less than 30%	▼	82,800	650	● 11.1%	● 29%	● 39%	2%	● 11%
Weston	Fairfield	Western CT	Wealthy	Med-Low	81,900	None	▼	81,900	480	4.7%	● 15%	16%	1%	5%
East Granby	Hartford	Capitol	Suburban	Med-Low	88,800	Less than 30%	▼	80,400	520	● 9.8%	52%	26%	2%	2%
Bethany	New Haven	South Central	Suburban	Med-Low	80,100	None	▼	80,100	470	8.6%	83%	24%	● 7%	0%
Burlington	Hartford	Northwest Hills	Suburban	Med-Low	112,700	30% to 59%	▬	78,900	660	6.8%	● 30%	15%	1%	4%
North Stoningto	New London	Southeastern CT	Rural	Med-Low	77,000	None	▼	77,000	450	8.7%	● 23%	● 28%	● 5%	0%
Preston	New London	Southeastern CT	Rural	Med-Low	77,000	None	▼	77,000	450	● 9.7%	● 42%	● 29%	● 12%	● 6%

# Connecticut Foodshare

## Meal Gap Analysis of 169 Towns

**Distribution Impact (Meals)**  
Rounded to Nearest 100  
<sup>1</sup> Excludes food supplied through large-scale COVID distributions & inactive programs  
<sup>2</sup> If % Need Met is Above Town Meal Gap, then Remaining Goal is listed as zero

**Community Need**  
● = Above Average Need

Town	County	Region	Town Classification	Gap Rank	Town Meal Gap	Meals Distributed & % Need Met			Remaining Goal <sup>2</sup>	# Food Insecure People	Food Insecurity Rate	Estimated SNAP Participation Rate	% Households w/ Incomes Below ALICE Threshold	Child Poverty Rate	Senior Poverty Rate
						Last Year Distribution <sup>1</sup>									
Chester	Middlesex	Lower CT River Valley	Suburban	Med-Low	71,800	None	▼	71,800	420	● 10.0%	● 28%	24%	5%	2%	
Deep River	Middlesex	Lower CT River Valley	Rural	Med-Low	68,500	None	▼	68,500	400	9.0%	54%	26%	0%	3%	
Harwinton	Litchfield	Northwest Hills	Rural	Med-Low	68,300	None	▼	68,300	400	7.4%	57%	16%	2%	2%	
Stafford	Tolland	Capitol	Rural	Med-Low	241,000	60% or More	▲	67,600	1,410	● 11.9%	73%	● 40%	● 7%	● 6%	
Lisbon	New London	Southeastern CT	Rural	Med-Low	66,900	None	▼	66,900	390	9.1%	150%	17%	2%	3%	
Sprague	New London	Southeastern CT	Rural	Med-Low	65,100	None	▼	65,100	380	● 12.9%	83%	● 36%	● 18%	● 5%	
Canterbury	Windham	Northeast CT	Rural	Med-Low	82,100	Less than 30%	▼	65,000	480	9.6%	102%	21%	1%	2%	
Sterling	Windham	Northeast CT	Rural	Med-Low	64,900	None	▼	64,900	380	● 10.2%	59%	● 29%	● 9%	● 6%	
New Hartford	Litchfield	Northwest Hills	Suburban	Med-Low	87,000	Less than 30%	▼	63,400	510	7.5%	64%	20%	0%	4%	
Ashford	Windham	Northeast CT	Rural	Med-Low	92,300	30% to 59%	▬	63,300	540	● 12.8%	● 49%	● 32%	● 8%	● 10%	
Middlefield	Middlesex	Lower CT River Valley	Suburban	Med-Low	63,300	None	▼	63,300	370	8.4%	● 45%	24%	● 10%	● 6%	
Sharon	Litchfield	Northwest Hills	Rural	Med-Low	61,500	None	▼	61,500	360	● 13.2%	● 33%	● 35%	● 42%	● 8%	
Windham	Windham	Southeastern CT	Urban Periphery	Med-Low	801,300	60% or More	▲	55,400	4,690	● 19.0%	83%	● 54%	● 33%	● 12%	
Old Lyme	New London	Lower CT River Valley	Suburban	Med-Low	119,800	30% to 59%	▬	53,300	700	9.4%	● 39%	25%	3%	5%	
Barkhamsted	Litchfield	Northwest Hills	Suburban	Med-Low	58,000	Less than 30%	▼	53,300	340	9.3%	● 38%	21%	● 11%	3%	
Somers	Tolland	Capitol	Suburban	Med-Low	128,200	30% to 59%	▬	53,200	750	6.8%	66%	21%	1%	5%	
Kent	Litchfield	Northwest Hills	Rural	Med-Low	61,500	Less than 30%	▼	52,200	360	● 13.0%	52%	● 33%	0%	4%	
Sherman	Fairfield	Western CT	Suburban	Med-Low	51,300	None	▼	51,300	300	8.2%	● 40%	● 31%	0%	2%	
Woodstock	Windham	Northeast CT	Rural	Med-Low	116,300	30% to 59%	▬	50,100	680	8.7%	● 41%	17%	● 8%	4%	
Morris	Litchfield	Northwest Hills	Rural	Low	49,600	None	▼	49,600	290	● 13.4%	● 28%	26%	● 8%	4%	
Washington	Litchfield	Northwest Hills	Rural	Low	49,600	None	▼	49,600	290	8.4%	● 24%	25%	1%	● 7%	
Voluntown	New London	Northeast CT	Rural	Low	46,200	None	▼	46,200	270	● 10.8%	● 45%	● 31%	2%	● 7%	
Salisbury	Litchfield	Northwest Hills	Rural	Low	68,300	30% to 59%	▬	45,200	400	● 11.1%	● 21%	21%	● 8%	2%	
Goshen	Litchfield	Northwest Hills	Rural	Low	39,300	None	▼	39,300	230	8.1%	● 30%	24%	● 15%	3%	
Bozrah	New London	Southeastern CT	Rural	Low	39,200	None	▼	39,200	230	9.1%	71%	19%	0%	1%	
Lyme	New London	Lower CT River Valley	Suburban	Low	39,200	None	▼	39,200	230	9.0%	● 15%	21%	0%	2%	
Salem	New London	Southeastern CT	Suburban	Low	39,200	None	▼	39,200	230	5.6%	145%	16%	4%	0%	

# Connecticut Foodshare

## Meal Gap Analysis of 169 Towns

**Distribution Impact (Meals)**  
Rounded to Nearest 100  
<sup>1</sup> Excludes food supplied through large-scale COVID distributions & inactive programs  
<sup>2</sup> If % Need Met is Above Town Meal Gap, then Remaining Goal is listed as zero

**Community Need**  
● = Above Average Need

Town	County	Region	Town Classification	Gap Rank	Town Meal Gap	Distribution Impact (Meals)			# Food Insecure People	Food Insecurity Rate	Estimated SNAP Participation Rate	% Households w/ Incomes Below ALICE Threshold	Child Poverty Rate	Senior Poverty Rate
						Meals Distributed & % Need Met		Remaining Goal <sup>2</sup>						
						Last Year Distribution <sup>1</sup>								
New Milford	Litchfield	Western CT	Rural	Low	422,000	60% or More	▲	36,900	2,470	9.1%	52%	26%	5%	3%
Hartland	Hartford	Northwest Hills	Rural	Low	34,300	None	▼	34,300	200	10.0%	28%	21%	3%	3%
Bolton	Tolland	Capitol	Suburban	Low	71,800	30% to 59%	▬	33,000	420	8.6%	74%	26%	1%	8%
Norfolk	Litchfield	Northwest Hills	Rural	Low	30,600	None	▼	30,600	180	11.1%	40%	30%	9%	6%
Eastford	Windham	Northeast CT	Rural	Low	27,500	None	▼	27,500	160	9.5%	60%	22%	7%	8%
Hampton	Windham	Northeast CT	Rural	Low	27,500	None	▼	27,500	160	9.0%	75%	29%	3%	5%
Franklin	New London	Southeastern CT	Rural	Low	27,300	None	▼	27,300	160	8.8%	49%	26%	3%	4%
Columbia	Tolland	Capitol	Suburban	Low	58,100	30% to 59%	▬	26,600	340	6.3%	46%	22%	0%	3%
Cornwall	Litchfield	Northwest Hills	Rural	Low	25,700	None	▼	25,700	150	11.2%	34%	30%	16%	3%
Roxbury	Litchfield	Northwest Hills	Suburban	Low	25,700	None	▼	25,700	150	7.2%	32%	14%	5%	4%
Bethel	Fairfield	Western CT	Suburban	Low	275,100	60% or More	▲	24,000	1,610	8.2%	51%	35%	1%	6%
Bridgewater	Litchfield	Western CT	Suburban	Low	23,800	None	▼	23,800	140	7.9%	28%	14%	3%	1%
Warren	Litchfield	Northwest Hills	Rural	Low	23,800	Less than 30%	▼	22,800	140	9.8%	37%	21%	0%	3%
Scotland	Windham	Northeast CT	Rural	Low	22,400	None	▼	22,400	130	8.3%	39%	19%	7%	4%
Marlborough	Hartford	Capitol	Suburban	Low	70,000	60% or More	▲	22,100	410	6.5%	31%	16%	0%	6%
Bethlehem	Litchfield	Naugatuck Valley	Rural	Low	47,700	30% to 59%	▬	22,000	280	8.2%	39%	29%	6%	6%
Clinton	Middlesex	Lower CT River Valley	Suburban	Low	218,900	60% or More	▲	19,000	1,280	9.9%	44%	34%	7%	4%
Colebrook	Litchfield	Northwest Hills	Rural	Low	18,700	None	▼	18,700	110	7.2%	54%	21%	3%	5%
Putnam	Windham	Northeast CT	Rural	Low	229,100	60% or More	▲	18,000	1,340	14.3%	78%	41%	20%	6%
Union	Tolland	Northeast CT	Rural	Low	10,400	None	▼	10,400	60	7.1%	53%	19%	15%	7%
Pomfret	Windham	Northeast CT	Rural	Low	54,600	60% or More	▲	-	320	7.5%	36%	32%	1%	3%
Canaan	Litchfield	Northwest Hills	Rural	Low	17,100	60% or More	▲	-	100	8.6%	202%	28%	5%	1%
Andover	Tolland	Capitol	Rural	Low	46,300	60% or More	▲	-	270	8.4%	78%	18%	0%	0%
Chaplin	Windham	Northeast CT	Rural	Low	35,800	60% or More	▲	-	210	8.3%	84%	30%	4%	4%
Portland	Middlesex	Lower CT River Valley	Rural	Low	169,300	60% or More	▲	-	990	10.6%	61%	26%	10%	3%
Old Saybrook	Middlesex	Lower CT River Valley	Suburban	Low	160,700	60% or More	▲	-	940	9.3%	26%	27%	2%	6%
Westbrook	Middlesex	Lower CT River Valley	Suburban	Low	141,900	60% or More	▲	-	830	12.0%	47%	36%	2%	6%

# Connecticut Foodshare

## Meal Gap Analysis of 169 Towns

### Distribution Impact (Meals)

Rounded to Nearest 100  
<sup>1</sup> Excludes food supplied through large-scale COVID distributions & inactive programs  
<sup>2</sup> If % Need Met is Above Town Meal Gap, then Remaining Goal is listed as zero

### Community Need

● = Above Average Need

Town	County	Region	Town Classification	Gap Rank	Town Meal Gap	Meals Distributed & % Need Met			Remaining Goal <sup>2</sup>	# Food Insecure People	Food Insecurity Rate	Estimated SNAP Participation Rate	% Households w/ Incomes Below ALICE Threshold	Child Poverty Rate	Senior Poverty Rate
						Last Year Distribution <sup>1</sup>									
Granby	Hartford	Capitol	Suburban	Low	152,200	60% or More	▲	-	890	7.8%	● 35%	14%	4%	3%	
Hebron	Tolland	Capitol	Suburban	Low	111,100	60% or More	▲	-	650	6.8%	51%	15%	4%	1%	
Darien	Fairfield	Western CT	Wealthy	Low	258,000	60% or More	▲	-	1,510	6.9%	● 18%	17%	3%	3%	
East Windsor	Hartford	Capitol	Rural	Low	235,700	60% or More	▲	-	1,380	● 12.0%	82%	● 30%	● 21%	5%	
Plainville	Hartford	Capitol	Urban Periphery	Low	355,300	60% or More	▲	-	2,080	● 11.8%	61%	● 37%	● 11%	● 8%	
Bloomfield	Hartford	Capitol	Urban Periphery	Low	302,300	60% or More	▲	-	1,770	8.4%	93%	● 29%	● 6%	● 8%	
Bridgeport	Fairfield	Greater Bridgeport	Urban Core	Low	4,744,700	60% or More	▲	-	27,770	● 19.1%	72%	● 69%	● 31%	● 14%	