



# Meal Prep Ideas Usa

**Wendy Jo Peterson**



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*Household Food Security in the United States (2008)* Mark Nord, 2010-11 Eighty five percent of American households were food secure throughout the entire year in 2008 meaning that they had access at all times to enough food for an active healthy life for all household members The remaining households 14.6 percent were food insecure at least some time during the year including 5.7 percent with very low food security meaning that the food intake of one or more household members was reduced and their eating patterns were disrupted at times during the year because the household lacked money and other resources for food Prevalence rates of food insecurity and very low food security were the highest recorded since 1995 when the first national food security survey was conducted Charts and tables

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