



Affordable Food

How affordable is today's food supply? Most of us would probably say not very affordable.

But, according to the American Farm Bureau Federation, the average American earns enough disposable income in approximately five weeks (36 days) to pay for his or her food supply for the ENTIRE YEAR.

Statistics compiled by the Agriculture Department's Economic Research Service indicate that American families and individuals currently spend, on average, only 9.9 percent of their disposable personal income for food. According to The Tax Foundation, Americans have to work 77 days to pay for their federal taxes, 62 days to pay for their housing and other household operations, and 52 days to pay for their health/medical care.

These numbers today are much different than what they were in the 1930's and early 1940's. In fact, they're completely reversed. Food costs were much higher and taxes were much lower.

Today, a person spends an average of \$2400 a year on food. This includes both foods purchased at stores and foods purchased dining out. Out of that money spent on food, farmers see an average of 19 cents of every dollar. This is twelve cents less than what they received nearly 30 years ago.

Why the big difference? Today farmers have to pay for wages and materials for production, processing, marketing, transportation and distribution. How could we change this and increase the amount of money that the farmers get? It's simple. Just start buying foods from your local farmers and producers!

The Northeast Iowa Food & Farm (NIFF) Coalition and the Food & Fitness Initiative are working together to create community environments that support access to fresh, locally grown, healthy, affordable food and safe environments for physical activity and play. More information about these programs can be found at www.niffcoalition.org.