

## THE FOOD INSECURITY EXPERIENCE SCALE (FIES)

## FOOD INSECURITY BASED ON THE FIES: WHAT DOES IT MEAN?

|  | ADEQUATE ACCESS TO FOOD<br>But may be uncertain<br>About future access | COMPROMISING ON FOOD<br>QUALITY AND VARIETY   | REDUCING FOOD QUANTITY,<br>Skipping meals | NO FOOD FOR A DAY<br>Or more   |   |
|--|--|---|---|--|---|
|  | FOOD SECURITY OR<br>Mild Food Insecurity                               | MODERATE FOOD<br>Insecurity   |   | SEVERE FOOD<br>INSECURITY  |   |
| People who are food secure<br>have adequate access to food<br>in both quantity and quality. They<br>become mildly food insecure when<br>facing uncertainty about continued<br>ability to obtain adequate food. |  | People experiencing<br>moderate food insecurity<br>have been forced to decrease the<br>quality and/or quantity of the food<br>they consume. |   | People experiencing severe<br>food insecurity have typically<br>run out of food and, at worst, gone<br>a day (or days) without eating. | 1 |