

THE FOOD INSECURITY EXPERIENCE SCALE (FIES)

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

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