# Let’s Talk About Hunger

Confused by the language of food crises? Learn how to spot them early and understand how your action can help save lives.

## Food security

When all people at all times have access to sufficient, safe, nutritious food to meet their dietary needs for an active and healthy life.

* <5% of the population is acutely malnourished.
* Means of earning an income.
* >15L of water per person per day.
* >2,100 calories per person per day; consistent quantity and quality of food available.

## Food insecurity

When people’s access to food is minimally adequate and they have trouble meeting their basic needs.

* 5-10% of the population is acutely malnourished.
* Unsustainable means of earning an income.
* About 15L of water per person per day, but unstable.
* 2,100 calories per person per day; barely adequate diet.

## Acute food and livelihood crisis

When there is a critical lack of access to food coupled with high levels of acute malnutrition – or when people can meet minimal food needs only by selling essential possessions.

* 10-15% of the population is acutely malnourished.
* Serious interruption to the means of earning an income.
* 7.5-15L of water per person per day.
* Unable to meet 2,100 calories per person per day without extreme measures; limited food choices.

**Urgent action required.**

## Humanitarian emergency

When there is a severe lack of access to food, high and increasing acute malnutrition, excess deaths, and people face an irreversible loss of their means of earning an income.

15-30% of the population is acutely malnourished.

Critical and irreversible interruption to the means of earning an income.

4-7.5L of water per person per day.

<2,100 calories per person per day; access to 3 or fewer food groups.

**Urgent action required.**

## Famine

When people face a complete lack of access to food and other basic needs and experience mass starvation, death, and destitution.

>30% of the population is acutely malnourished.

Complete loss of the means of earning an income.

<4L of water per person per day.

An extreme shortage of calories per person; access to 1-2 food groups.

**Urgent action required.**