Food insecurity is a phenomenon that attacks people at both the household and individual level. While there have been vast research studies on the effects of what living with food insecurity does to the physical body, there has been less attention on what food insecurity does to the mind. As living food insecure is typically linked with social determinants such as lower socioeconomic status, ignoring the possible psychological effects would be harmful to the affected populations. The research to be conducted will be an analysis of past interventions tackling food insecurity in terms of what was successful and what was not while also looking for studies that address the impact on mental health that arises from food insecurity. The findings from the research collection could serve as an indication for a possible correlation between food insecurity and mental health issues while posing implications for how current food insecurity interventions could be altered to address the mental health component.