

CHILDHOOD HUNGER IN AMERICA

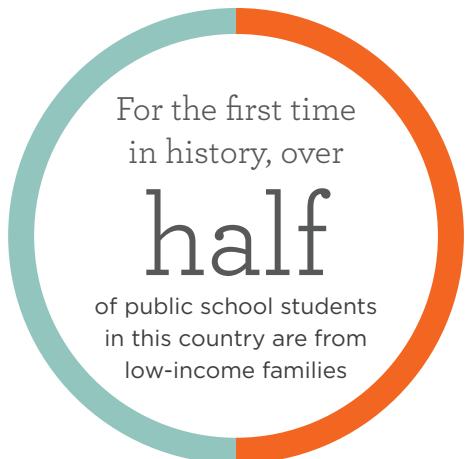
FACTS ON HUNGER, POVERTY AND FEDERAL NUTRITION PROGRAM PARTICIPATION



1 in 5



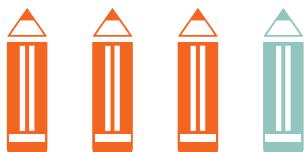
THE NUMBER OF KIDS IN AMERICA LIVING IN HOUSEHOLDS WITHOUT CONSISTENT ACCESS TO ENOUGH FOOD. THAT'S 16 MILLION CHILDREN.



The number of kids from low-income families that rely on free or reduced-price lunches on their average school day

The number of kids from low-income families that rely on free or reduced-price reduced on their average school day

The number of kids from low-income families that rely on free meals in the summer when school is out of session and free or reduced-price school meals aren't available



3 out of 4

Public school teachers say that students who regularly come to school hungry

81%

Say it happens at least once a week



1.5 days

Average increase in school attendance for students who regularly start the day with a healthy breakfast

17.5%

Average increase in standardized math scores seen by students who regularly start the day with a healthy breakfast



47%

Percentage of SNAP (Supplemental Nutrition Assistance Program, formerly Food Stamps) participants are children under the age of 18. That's nearly half.

\$1.46

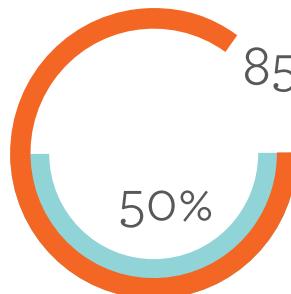
the average monthly SNAP benefit



\$300 more

spent by low-income families for groceries in the summer.

That's almost **\$1000 more each summer** that families must scrape together to pay for food.



85% of low-income families who want to make healthy meals at home for their kids

But only **50% are able to do most nights a week**. The perceived cost of healthy groceries is cited as their number one obstacle.

HUNGER DEVASTATES CHILDREN

Ethan's family struggles to put food on the table; this takes a toll as he grows up.

When Ethan starts school
he has a hard time
learning to read.

Undernourished young
children are **less likely to
learn as fast or as well** as
nourished children.

National Institutes of Health



The school nurse tells
Ethan he needs to eat
better because he's
heavier than other kids.

Children who struggle
with hunger are **more
susceptible to obesity** & its
health consequences.

Jama Pediatrics

Ethan must repeat algebra,
he can't keep up with the
kids in his class. He has a
hard time focusing.

Lack of healthy food can
**impair a child's concentration
& performance in school.**

*Harvard School Breakfast
Research Summary*



When the flu spreads
through Ethan's high
school he ends up in the
hospital, & falls so far
behind he must repeat
10th grade.

Children who struggle with
hunger are **sick more often,
recover from illness more
slowly, & are hospitalized
more frequently.**

Children's Health Watch

Ethan doesn't finish
high school.

Teens who regularly don't
get enough to eat are **more
likely to be suspended from
school** & have difficulty
getting along with others.

*Harvard School Breakfast
Research Summary*



Today, Ethan has a job, but
makes less money than his
friends from high school &
has fewer opportunities.

**High school graduates
typically earn \$10,000 more
per year** & enjoy a 4% higher
employment rate than those
that don't finish school.

Deloitte