

CHILDHOOD HUNGER IN AMERICA

FACTS ON HUNGER, POVERTY AND FEDERAL NUTRITION PROGRAM PARTICIPATION



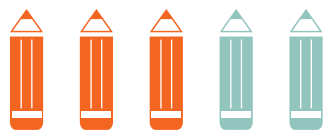
16
MILLION

NUMBER OF KIDS IN AMERICA LIVING IN HOUSEHOLDS WITHOUT CONSISTENT ACCESS TO ADEQUATE FOOD. THAT'S **1 OUT OF 5** KIDS.



9 OUT OF 10

NUMBER OF K-8 PUBLIC SCHOOL TEACHERS WHO SAY EATING A HEALTHY BREAKFAST IS KEY TO ACADEMIC ACHIEVEMENT



3 OUT OF 5

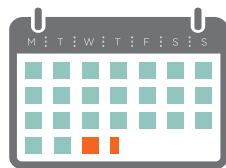
NUMBER OF K-8 PUBLIC SCHOOL TEACHERS WHO SAY THEY REGULARLY SEE STUDENTS COMING TO SCHOOL HUNGRY

PERCENTAGE OF SNAP (SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM, FORMERLY FOOD STAMPS) PARTICIPANTS WHO ARE CHILDREN UNDER THE AGE OF 18.

47%



AVERAGE INCREASE IN STANDARDIZED MATH SCORES SEEN BY STUDENTS WHO REGULARLY START THE DAY WITH A HEALTHY BREAKFAST



1.5 DAYS

AVERAGE INCREASE IN SCHOOL ATTENDANCE FOR STUDENTS WHO REGULARLY START THE DAY WITH A HEALTHY BREAKFAST



85%

PERCENTAGE OF LOW-INCOME FAMILIES WHO WANT TO MAKE HEALTHY MEALS AT HOME FOR THEIR KIDS, BUT ONLY **50%** ARE ABLE TO DO SO MOST NIGHTS A WEEK.



THE PERCEIVED COST OF HEALTHY GROCERIES IS CITED AS THEIR NUMBER 1 OBSTACLE.

HOW HUNGER IMPACTS CHILDREN

HEALTH



Children who struggle with hunger are likely to be sick more often, to recover from illness more slowly, and to be hospitalized more frequently.

CHILDREN'S HEALTH WATCH



Children who struggle with hunger are more likely to experience headaches, stomachaches, colds, ear infections, and fatigue.

NATIONAL INSTITUTES OF HEALTH



Children who struggle with hunger are more susceptible to obesity and its harmful health consequences.

JAMA PEDIATRICS

COGNITION AND ACADEMICS



Undernourished children <3 years of age are less likely to learn as much, as fast or as well as adequately nourished children

NATIONAL INSTITUTES OF HEALTH



Lack of enough healthy food can impair a child's ability to concentrate and perform well in school.

HARVARD SCHOOL BREAKFAST RESEARCH SUMMARY

EMOTIONAL AND SOCIAL WELL-BEING



Children who regularly do not get enough nutritious food to eat tend to have significantly higher levels of behavioral, emotional and academic problems and tend to be more aggressive and anxious.

HARVARD SCHOOL BREAKFAST RESEARCH SUMMARY



Teens who regularly do not get enough to eat are more likely to be suspended from school and have difficulty getting along with other kids.

HARVARD SCHOOL BREAKFAST RESEARCH SUMMARY