

Hunger in Our Community.

What We Can Do.



Rage against Rumbles: Student-led Actions to End Hunger in Our Community

What is “food security?”

- USDA defines as access by all people at all times to enough nutritious food for an active, healthy life.
- People who are hungry (or “food insecure”) may:
 - Skip meals
 - Cut back on the amount or types of foods they eat

What are the effects of food insecurity on kids?

- Health problems: overweight, asthma, increased stomachaches, headaches, and colds, and tiredness
- Learning problems: difficulty concentrating
- Disciplinary problems: Irritability, anxiety, difficulty getting along with others and school suspensions

How many Americans face hunger?

How many children in the US face hunger? _____

How many people in our state face hunger? _____

www.feedingamerica.org/mapthegap

Student-led solutions

- School breakfast and lunch programs: Eat school meals and volunteer to help as a student-worker.
- Food drives: Organize a food drive and encourage healthy food donations.
- Backpack programs: Create a backpack program in your community to ensure that kids have enough food over the weekend.
- Food banks: Find your local food bank and see how you and your friends can help!

Kids Eat Right Activity

Creative ideas to help with hunger in my community with 1-2 action steps that I can do tomorrow.

| Idea | Action steps for me | How do I get others involved? |
|-------------|----------------------------|--------------------------------------|
| 1. | | |
| 2. | | |
| 3. | | |



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Visit the Kids Eat Right website at: www.kidseatright.org for tips, articles, recipes, and videos to help you shop smart, cook healthy, and eat right!

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