



What is hunger?

Hunger is a feeling of discomfort or weakness caused by lack of food.

What is food insecurity?

Being food insecure means that an individual or a family does not always have enough food to keep them healthy. Sometimes people face a temporary or long-term financial crisis, like losing a job, that makes paying the bills and affording enough healthy food for their family impossible.

Did you know?

- Around the world, over 795 million people are affected by hunger.
- Feeding America, a network of 199 food banks in America, reported serving 46.5 million people in 2014.
- In 2014, food insecurity affected around 3 million households with people over the age of 65, and 3.7 million households with children.
- Last year, 620,000 families with at least one member in the military needed help from foodbanks.
- 1 in 3 women headed households reported being food insecure, oftentimes relying only on one income.

Why is it important to help people get enough food?

Not having enough food to eat can cause lots of issues, learn more about a few of them below:

General Health: Food insecurity can be related to a range of different health problems including diabetes, depression, and heart disease. Having enough healthy food to eat can literally save people's lives.

Child Development: Being chronically hungry in the first 1 to 3 years can hurt a child's early brain development.

Learning: If a child is hungry, they cannot concentrate, making learning harder. A study showed that children who were hungry were more likely to experience educational challenges including repeating a grade.

What are some of the reasons people go hungry?

Throughout the world, we produce enough food to feed every person. So why do some people still go hungry?

- There is a tremendous amount of food wasted globally every year. In 2010, 1.3 billion tons of food was wasted. We could feed 870 million people with $\frac{1}{4}$ of that food.
- Poverty is a leading cause of hunger. Many people simply cannot afford enough food to keep them healthy.
- In some places, people lack access to grocery stores or healthy food items. If you live in an area like this, it is called a “food desert.”

How can you help?

1. Start a garden and donate the food to your local food pantry!
2. Hold a school-wide food drive to raise awareness about hunger in your community, and to help fill the need!
3. Donate a few dollars to an organization that provides food to those who need it most.

