

# HUNGER DEVASTATES CHILDREN

FACTS ON CHILDHOOD HUNGER IN AMERICA



1 in 6

KIDS MAY FACE HUNGER THIS YEAR.  
**THAT'S 13 MILLION CHILDREN.**



22 million

the number of kids that rely on free or reduced-price school lunches.



12 million

the number of kids that rely on free or reduced-price school breakfasts.



4 million

the number of kids that rely on free meals in the summer when school meals aren't available.



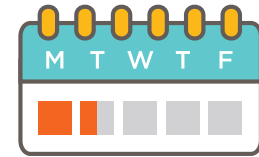
44%

Percentage of SNAP (Supplemental Nutrition Assistance Program, formerly food stamps) participants are children. That's nearly half.



3 out of 4

public school teachers say that students regularly come to school hungry.



+1.5 days

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

\$1.46

the average SNAP benefit per meal.

81%

Say it happens at least once a week

+17.5%

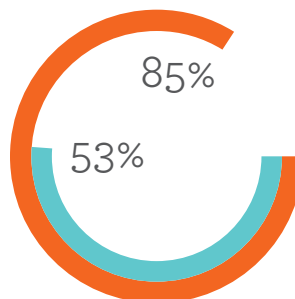
average increase in standardized math scores seen by students who regularly start the day with a healthy breakfast.



\$300 more

spent by low-income families for groceries when kids are out of school.

That's almost \$1,000 more each summer that families must scrape together to pay for food.



85% of families want to eat healthy meals, but only around 53% are actually eating healthy meals most days of the week.

The perceived cost of healthy groceries is cited as their number one obstacle.

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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 children **don't 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.

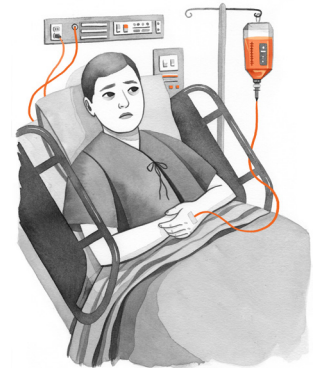
Children struggling with hunger are **more susceptible to obesity** & its health consequences.  
*Jama Pediatrics*



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 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**, recover slowly, & are **hospitalized more frequently**.  
*Children's Health Watch*



Ethan doesn't finish high school.

Teens who regularly face hunger are **more likely to be suspended** & 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 annually & enjoy a **4% higher employment rate than those that don't graduate**.

*Deloitte*