

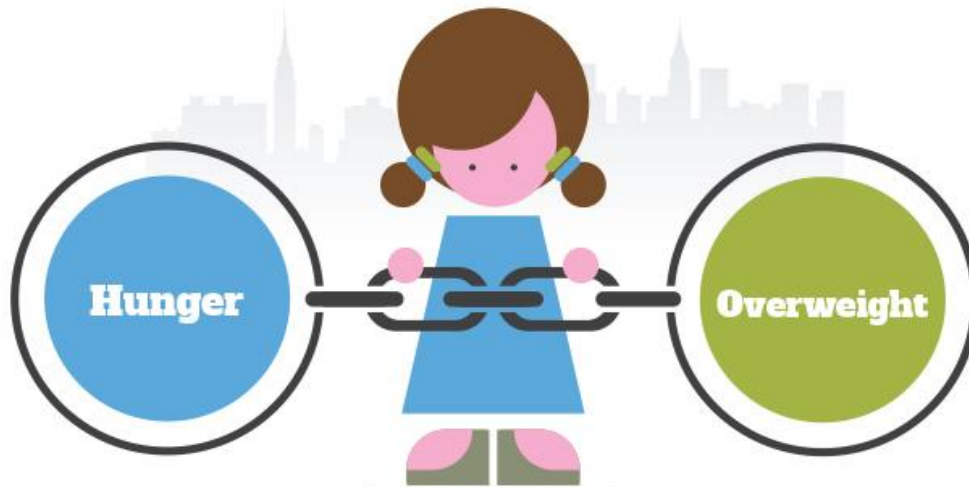
Hunger in Our Community.



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What We Can Do.

The Reality of Being Overweight and Hungry They are linked.



Key drivers of food insecurity in the past decade have been higher poverty, unemployment, and decreased home ownership. Families facing food insecurity may:



Lack consistent access to healthy food.



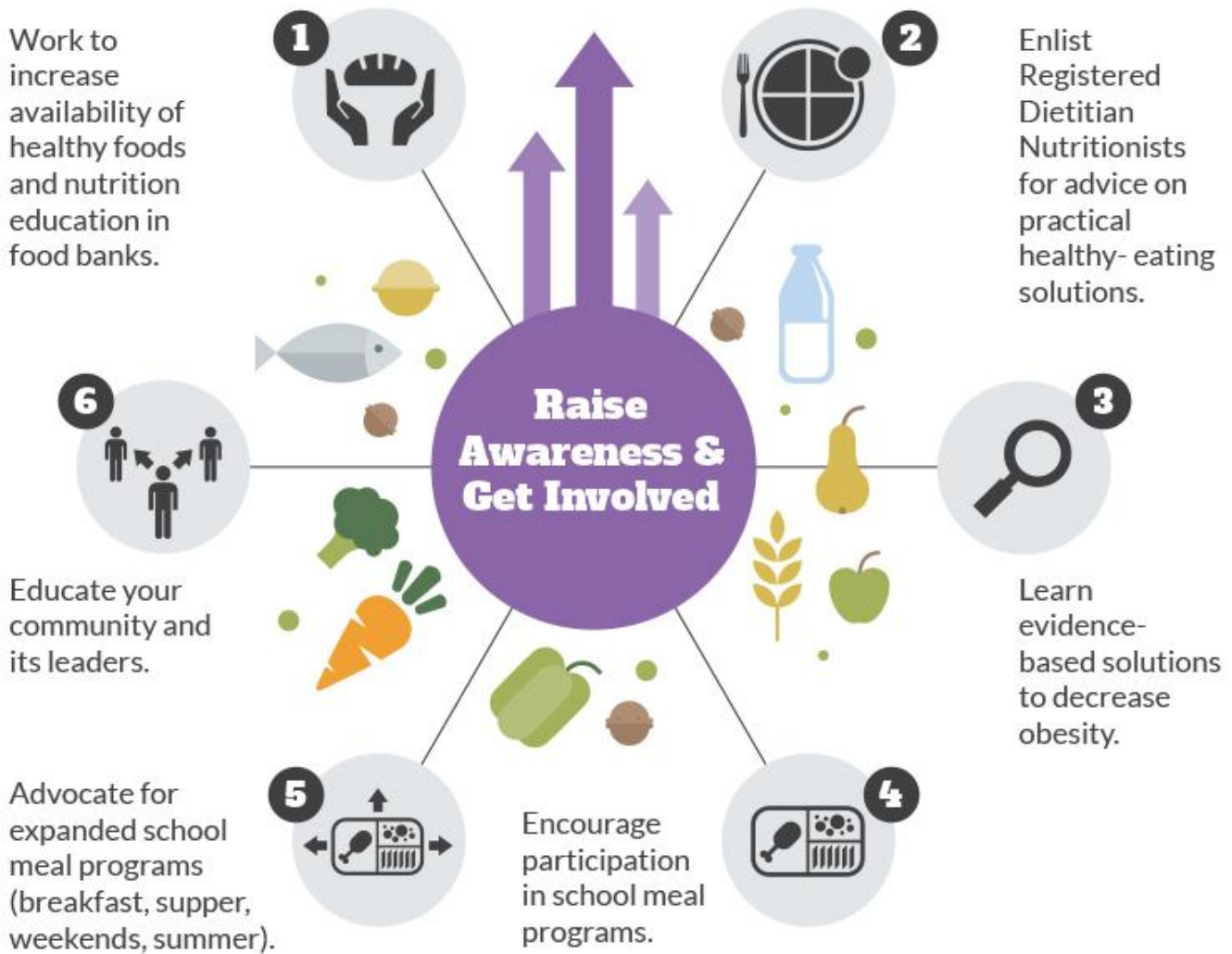
Have high levels of stress because of things like housing, finances and healthcare.



Choose inexpensive, calorie-dense foods over healthier options because they lack access to nutrient-dense alternatives.



Which leads to nutrient deficiencies... and OBESITY.



Kids Eat Right Activity

What can I do to help end hunger and overweight in children? What can organizations in my community do to help?

- 1.
- 2.
- 3.



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Please take a few minutes to complete the evaluation of the presentation by using this link:

www.surveymonkey.com/s/G2R7FD5

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

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