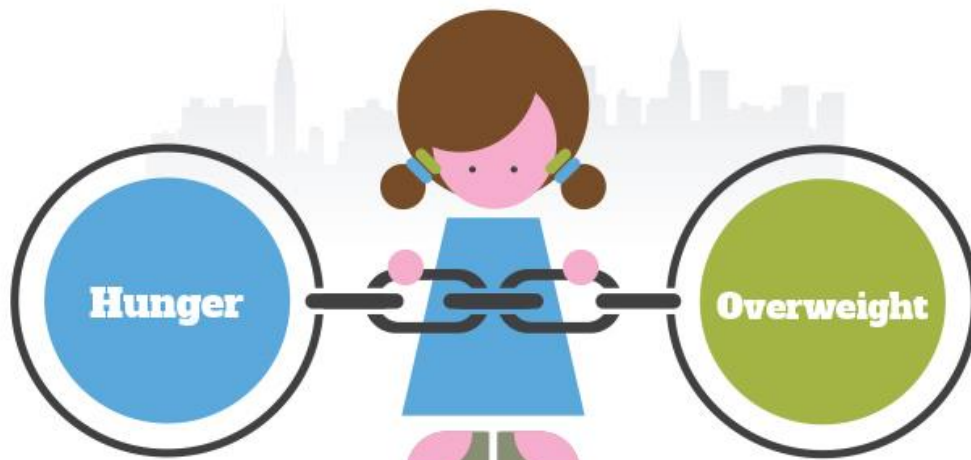


Hunger in Our Community. **KIDS**eat right.

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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.



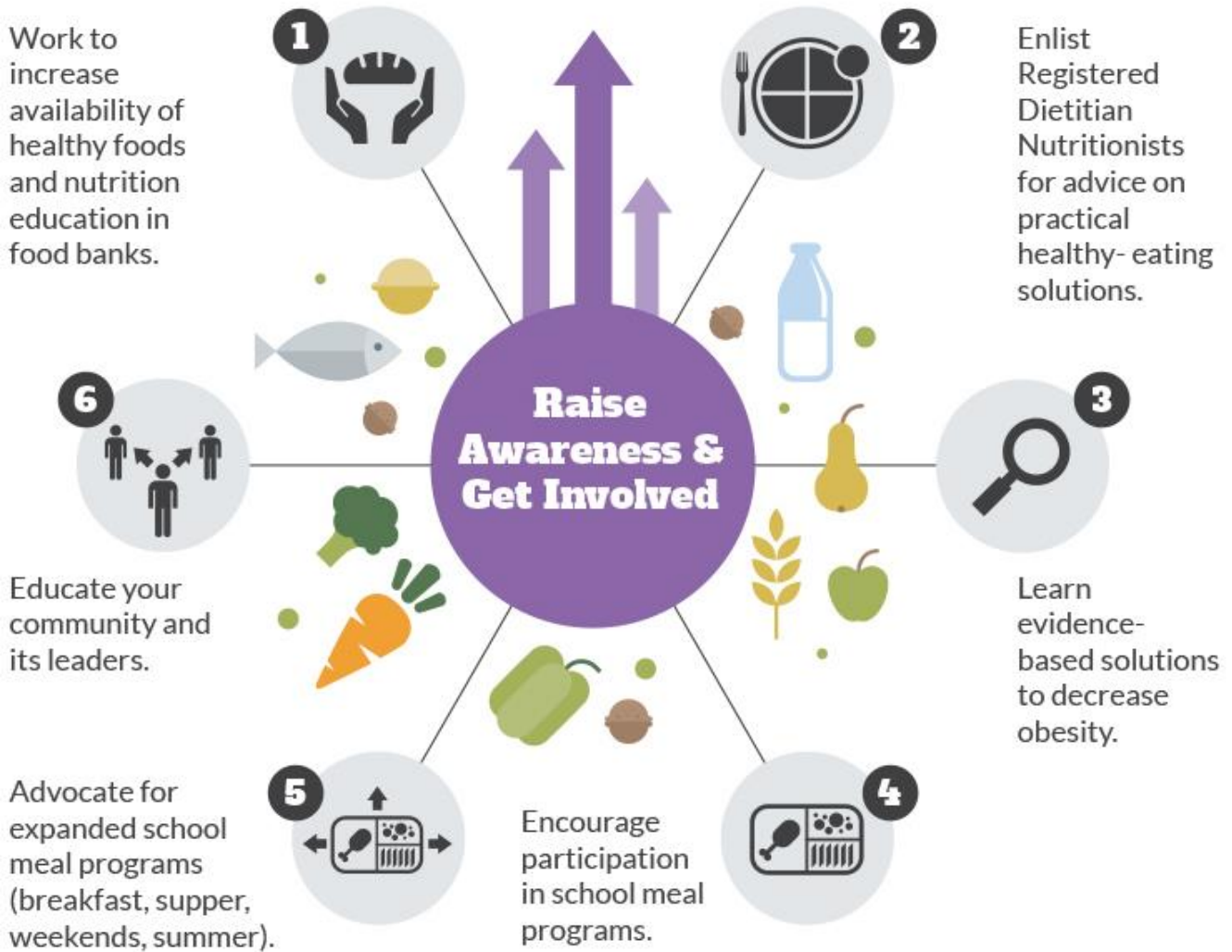
Have high levels of stress because of things like housing, finances and healthcare.



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



Which leads to nutrient deficiencies... and **OBESEITY**.



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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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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