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.

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<th>Idea</th>
<th>Action steps for me</th>
<th>How do I get others involved?</th>
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Visit the Kids Eat Right website at: [www.kidseatright.org](http://www.kidseatright.org) for tips, articles, recipes, and videos to help you shop smart, cook healthy, and eat right!

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