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## CHILDHOOD HUNGER IN AMERICA

FACTS ON HUNGER, POVERTY AND FEDERAL NUTRITIONAL PROGRAM PARTICIPATION

**16 M**

Number of kids in America living in households without consistent access to adequate food. That's 1 out of 5 kids.

UNITED STATES DEPARTMENT OF AGRICULTURE

**22%**

Percentage of kids under the age of 18 who live in poverty in America

CENSUS

**21 M**

Number of low-income children who rely on free or reduced-price lunches for their nutritional needs on an average school day.

UNITED STATES DEPARTMENT OF AGRICULTURE

**11 M**

Number of low-income children who receive free or reduced-price school breakfast

UNITED STATES DEPARTMENT OF AGRICULTURE

**3 M**

Number of low-income children who receive free meals in the summer when school is out of session and free and reduced-price school meals aren't available.

UNITED STATES DEPARTMENT OF AGRICULTURE

**47%**

Percentage of SNAP (Supplemental Nutrition Assistance Program, formerly food stamps) participants who are under the age of 18.

UNITED STATES DEPARTMENT OF AGRICULTURE

**9 OUT OF 10**

Number of K-8 public school teachers who say eating a healthy breakfast is key to academic achievement

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**3 OUT OF 5**

Number of K-8 public school teachers who say they regularly see students coming to school hungry.

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**17.5%**

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

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**1.5 DAYS**

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

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**85%**

Percentage of low-income families who want to make healthy meals at home for their kids, but only 50% are able to do so most nights a week. The perceived cost of healthy groceries is cited as their number 1 obstacle.

COOKING MATTERS



## HOW HUNGER IMPACTS CHILDREN

### HEALTH

- Children who struggle with hunger are likely to be sick more often, to recover from illness more slowly, and to be hospitalized more frequently.

CHILDREN'S HEALTH WATCH

- Children who struggle with hunger are more likely to experience headaches, stomachaches, colds, ear infections, and fatigue.

NATIONAL INSTITUTES OF HEALTH

- Children who struggle with hunger are more susceptible to obesity and its harmful health consequences.

JAMA PEDIATRICS

### COGNITION AND ACADEMICS

- Undernourished children under three years of age are less likely to learn as much, as fast or as well as adequately nourished children.

NATIONAL INSTITUTES OF HEALTH

- Lack of enough healthy food can impair a child's ability to concentrate and perform well in school.

HARVARD SCHOOL BREAKFAST RESEARCH SUMMARY

### EMOTIONAL AND SOCIAL WELL-BEING

- Children who regularly do not get enough nutritious food to eat tend to have significantly higher levels of behavioral, emotional and academic problems and tend to be more aggressive and anxious.

HARVARD SCHOOL BREAKFAST RESEARCH SUMMARY

- Teens who regularly do not get enough to eat are more likely to be suspended from school and have difficulty getting along with other kids.

HARVARD SCHOOL BREAKFAST RESEARCH SUMMARY