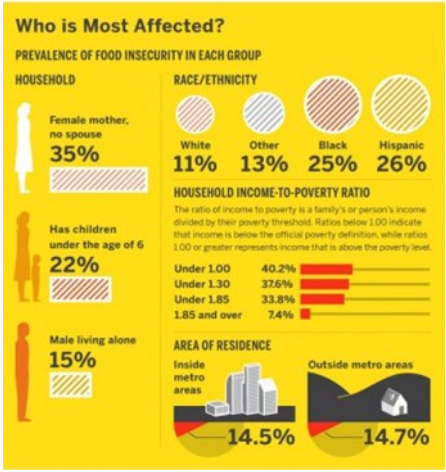
FIND OUT WAYS TO HELP...

- Food Stamps/SNAP: http://www.fns.usda.gov/snap
- WIC: http://www.fns.usda.gov/wic
- AARP 5 part report on hunger: http://www.aarp.org/money/low-income-assistance/info-11-2008/going_hungry_in_americaby_peter_jaret.html
- Feeding America http://feedingamerica.org
- Meals on Wheels Association of America http://www.mowaa.org/Page.aspx?pid=248
- Save the Children http://www.savethechildren.org/site/c.8rKLIXMGIpI4E/b.6115947/k.8D6E/Official_Site.htm



Looking for ways to help fight hunger in America? Knowledge is power: educate your peers and community about the truths of food insecurity nationwide, and in your area at home. Hold a food drive at school to gather donations for a local food bank. Volunteer your time at a local food bank, shelter, or other organization such as Meals on Wheels. Write a newspaper editorial urging continued support for programs that aid families in need such as SNAP.

Created by: Heather Fenley, TTUHSC
HEWA Steering Committee

HUNGER IN AMERICA

Informational Brochure

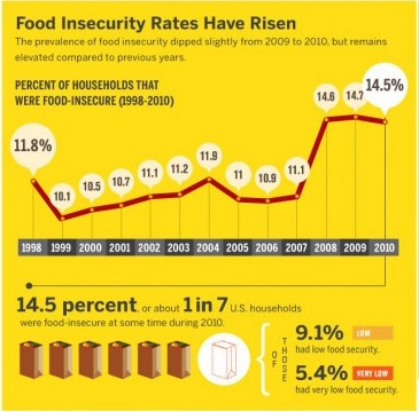
Learn the Facts about Hunger in America & Find Ways to Help in Your Community

amsa
American Medical Student Association

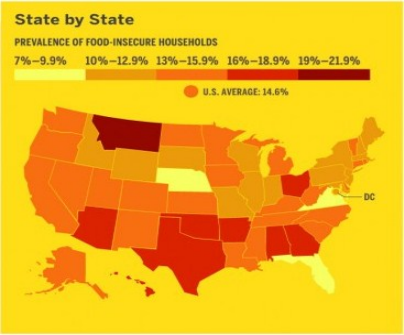
Hunger in America

The Facts

An estimated **1 in 7** households in the United States is **food insecure**, meaning they do not have appropriate physical or financial access to safe and healthy foods to meet their nutrition needs.



22% of food insecure households include families with **children under age 6**



Programs in Place to Fight Hunger:

In 2010, 55% of food insecure families participated in one of the following federal programs

Special Supplemental Nutrition Program for Women, Infants and Children (WIC)

National School Lunch Program and National School Breakfast Program

Supplemental Nutrition Assistance Program (SNAP) (formerly the Food Stamp Program)

These programs, in addition to the Summer Food Service Program, the Child and Adult Care Food Program, the Special Milk Program, and the Fresh Fruit and Vegetable Snack Program have been enacted or strengthened by the Healthy-Hunger-Free-Kids Act passed in 2011.

More information on these and other federal programs can be found here http://www.fns.usda.gov/fns/services.htm

Health Consequences of Food Insecurity

Hunger and inadequate access to nutritious food causes adverse health outcomes:

Infants and children: failure to thrive, increased risk of infection, poor school performance, social and behavioral problems, increased risk of overeating leading to obesity later in life

Adults and elderly: anxiety, increased incidence of chronic diseases and degenerative diseases, decreased quality of life, depression, failure to thrive