

**Q:**

How many people are food insecure in the USA?

**A:**

1 in 6 people are food insecure in the USA



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

What do healthy bodies  
and minds require at every  
age?

**A:**

Healthy bodies and minds  
require nutritious meals



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

What can be a challenge  
when students' stomachs  
are growling?

**A:**

Concentrating on  
schoolwork can be a  
challenge when stomachs  
are growling



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

By being part of the solution to food insecurity, you are helping some of the number children in the USA who lack access to nutritious food.

**A:**

You are part of helping the 13 million children who lack access to nutritious food



# **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*



**Q:**

What nutrition guide was published by the USDA?

**A:**

MyPlate is the nutrition guide published by the USDA



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

What is one of the most requested items at a food bank?

**A:**

Milk is one of the most requested items at a food bank



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

Milk is a great source of  
which healthy vitamins and  
minerals?

**A:**

Milk is a great source of  
Calcium, Vitamin D, and  
Potassium



# **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

What percentage of teens do not eat daily breakfast?

**A:**

Over 50% of teens do not eat breakfast each day



# **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*



**Q:**

Studies show that  
students who eat  
breakfast have higher  
scores in which school  
subject?

**A:**

Students who eat  
breakfast have higher  
math scores



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

Who in your school  
can help identify food  
donation needs?

**A:**

School nutrition  
professionals can help  
identify food donation  
needs



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

How many levels of food security are there?

**A:**

There are four levels of food security



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

What are some ways you  
can fight hunger with  
friends or family?

**A:**

To help fight hunger you  
can start a donation jar,  
volunteer, and plant a  
garden to donate produce  
to local food banks



**UDDER BINGO!**  
Question Cards



*The Fight Hunger Kit*



**Q:**

What program is the fastest growing meal program in the country right now?

**A:**

Afterschool meals are the fastest growing meal program in the country



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

Eating enough nutritious food helps which two things?

**A:**

Eating enough nutritious food helps health and academic achievement



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

What is the leading in-school health and wellness program that empowers students and educators to work together to build healthier schools and create healthy, high-achieving students?

**A:**

Fuel Up to Play 60 is the leading in-school health and wellness program that empowers students



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

22 million students in the USA rely on free and reduced-price school lunches. About how many get free summer meals?

**A:**

About 4 million students get free summer meals



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*



**Q:**

What organization is the nation's largest domestic hunger-relief organization?

**A:**

Feeding America® is the nation's largest domestic hunger-relief organization



# **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

What is the single largest program aimed at curbing hunger?

**A:**

SNAP is the single largest program aimed at curbing hunger



# **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

What does it mean if  
a household is food  
insecure?

**A:**

If a household is food  
insecure it means they are  
not always sure if they will  
have access to food or  
enough food throughout  
the year



# **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

How many gallons of milk  
has Feeding America®  
donated to families who  
need it?

**A:**

Feeding America® has  
donated over 33 million  
gallons of milk



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*



**Q:**

What percent of food in the USA goes uneaten each year?

**A:**

Between 30 – 40% of food in the USA goes uneaten each year



# **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

Who can help  
fight hunger?

**A:**

Everyone can help  
fight hunger



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

At what age do you need  
nutritious foods?

**A:**

People at every age need  
nutritious foods



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*

**Q:**

What meal can help  
children do better in  
school?

**A:**

Breakfast can help  
children do better in  
school



## **UDDER BINGO!**

Question Cards



*The Fight Hunger Kit*