



UDDER BINGO!

The Fight Hunger Kit

1 in 6 people are food insecure in the USA	Milk is one of the most requested items at a food bank	There are four levels of food security	Fuel Up to Play 60 is the leading in-school health and wellness program that empowers students	Concentrating on schoolwork can be a challenge when stomachs are growling
Healthy bodies and minds require nutritious meals	Milk is a great source of Calcium, Vitamin D, and Potassium	To help fight hunger you can start a donation jar, volunteer, and plant a garden to donate produce to local food banks	About 4 million students get free summer meals	Between 30 – 40% of food in the USA goes uneaten each year
MyPlate is the nutrition guide published by the USDA	Over 50% of teens do not eat breakfast each day		Breakfast can help children do better in school	School nutrition professionals can help identify food donation needs
You are part of helping the 13 million children who lack access to nutritious food	Students who eat breakfast have higher math scores	Afterschool meals are the fastest growing meal program in the country	SNAP is the single largest program aimed at curbing hunger	People at every age need nutritious foods
Eating enough nutritious food helps health and academic achievement	Feeding America® is the nation's largest domestic hunger-relief organization	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	Feeding America® has donated over 33 million gallons of milk	Everyone can help fight hunger



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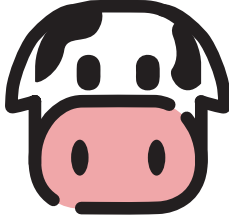
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Students who eat breakfast have higher math scores	Afterschool meals are the fastest growing meal program in the country	SNAP is the single largest program aimed at curbing hunger	People at every age need nutritious foods	Eating enough nutritious food helps health and academic achievement



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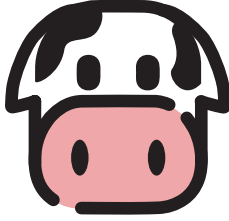
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Facilitator Board

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