



THE FIGHT HUNGER PLAY-IN-A-BOX KIT



1 IN 6 PEOPLE
are **food insecure** in the USA



13 MILLION CHILDREN
lack access to **nutritious foods**



35% OF CHILDREN
from low income families **worry about**
running out of food



100% OF PEOPLE,
at every age, **need**
nutritious foods



OVER 50% OF TEENS
do not eat **breakfast** each day

EFFECTS OF FOOD INSECURITY



Serious
Health
Complications



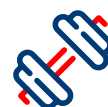
Lack
of
Concentration



Poor
Academic
Performance



Increase in
Discipline
Problems



Less Energy for
Extracurricular
Activities

RANGES OF FOOD SECURITY

While households are often described as either **food secure** or **food insecure**, **four levels** of food security describe the range of experiences in accessing enough food.

HIGH FOOD SECURITY

Households had **no problem or anxiety** about regularly accessing enough food.

MARGINAL FOOD SECURITY

Households had **problems or anxieties**, at times, about accessing enough food, but the quality, variety, and amount of their food was not greatly reduced.

LOW FOOD SECURITY

Households had a **reduction** in the **quality, variety, and desirability of their diets**, but the quality of accessible food and normal eating patterns were not drastically changed.

VERY LOW FOOD SECURITY

At times during the year, **eating patterns of one or more household members were drastically changed**, and **food intake was reduced** because the household lacked resources for food.



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THE FIGHT HUNGER STUDENT GUIDE

What is Fight Hunger?

A household is “food insecure” when they are not always sure if they will have access to nutrient-rich food, or to enough food at various times throughout the year. Having access to nutrient-rich food isn’t only important for you – it’s also vital for everyone in the community. This kit will help to better prepare you and your team for the FUTP 60 Fight Hunger Play. Use this Student Guide to write down ideas, questions, and plan projects that will help you fight hunger in your community.



FRUITS

Each person
needs between
1-2 cups of fruit
each day.

GRAINS

Each
person needs
between 3 and 8
ounces each day
– at least half of the
amount should be
whole grains.

DAIRY

Each
person needs
between 2 and
3 cups each
day.

VEGETABLES

Each person
needs between
1-3 cups of
vegetables
each day.

PROTEIN

Each person needs
between 2- and
6.5-ounce
equivalents
each day.

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FIGHT HUNGER ROADMAP NOTES:[illegible]

MYPLATE PUZZLE BATTLE NOTES:

[illegible]

UDDER BINGO NOTES:

[illegible]

FOOD FOR THOUGHT NOTES:

[illegible]