



# 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**

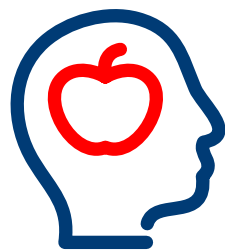


**OVER 50% OF TEENS**  
**do not eat breakfast** each day

### EFFECTS OF FOOD INSECURITY



Serious  
Health  
Complications



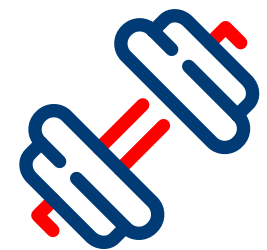
Lack  
of  
Concentration



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.