



Serving the Most Vulnerable Among Us

Hunger is hurting our children.

It may be hard to believe there are children facing hunger in your neighborhood – but there are. In fact, 1 in 5 children in the U.S. do not have enough to eat. Living in a household at risk of hunger means that a child can wake up hungry and go to bed at night with the pain of an empty stomach. Their bodies and minds suffer from the lack of nutritious foods they need to grow and thrive.

Children need calcium from milk, essential vitamins from fruits and vegetables, and fiber from whole grain foods. Without these healthy foods, they may face challenges, both physically and mentally.

What happens to a child facing hunger?

The consequences can be devastating. Studies show that proper nutrition, particularly in the first three years of life, is critical to a child’s development. Unfortunately, food insecurity is an obstacle that threatens that critical foundation.

Children from families struggling with hunger may be more likely to:



Repeat a grade in elementary school



Experience developmental impairments in areas like language and motor skills



Have more social and behavioral problems

Working year-round to keep our children healthy.

Because of your support of Feeding America, we’re able to help so many kids access the nutritious food they need to be healthy and grow strong. Eating well-balanced meals and nutritious foods has a positive effect on a child’s physical and mental health.

Incredibly, the Feeding America network is serving more than 12 million children across this nation. More than 3 million of the children we serve are age 5 or younger. It is heartbreaking. But there is hope. In addition to our nationwide network of food pantries, SNAP Application Assistance programs and holistic summer programming, Feeding America operates three national program models to serve more children: Backpack, School Pantry and Kids Cafe.

We reach children at times when they are most vulnerable.

Reaching kids on weekends:

BackPack Program



Reaching kids after school:

Kids Cafe



Reaching kids during summers:

Summer Food Service Programs



Reaching kids at home:

School Pantry Program



Summer SNAP Application Assistance Program



The **FEEDING AMERICA** network of food banks provides food to more children than any other charitable organization.



Meet Melissa and her family

Melissa works part time serving lunch at her children’s school while her husband Jim works full time building fences. Although they both work hard, things have always been tight for their family.

They reached a dead end and turned to their local food pantry stocked with groceries by a local food bank, a member of the Feeding America network. *“The things we get are just incredible: fresh, colorful produce, plenty of bread for sandwiches, cereals, milk – tons of staples.”*

Thanks to your support, Melissa also has access to a mobile food pantry.

“Between the mobile pantry, which continues throughout the summer, and a school-sponsored free lunch program, we’re getting by even without the daily free lunch we count on during the school year,” says Melissa.