

Child Hunger

A Child's Face of Hunger in Southeast Texas

- 3,600 children are hungry on any given day
- Of the 137,000 different people who receive Houston Food Bank food assistance each week, 47% are children
- In Harris County more than half of children (under 18 years) are eligible for the Free-and-Reduced Breakfast/Lunch Program

Texas (24.3 percent) has one of the highest rates of **children** in households **without consistent access to food**

Affects of Hunger

- Proper nutrition is vital to the growth and development of children.
- Research indicates that hungry children do more poorly in school and have lower academic achievement because they are not well prepared for school and cannot concentrate.

Food Insecure

Food Insecurity is not knowing where your next meal will come from, or not knowing if you will have food tomorrow. These kids live that...

"Without fail, the last week of school [before the holidays] several students become worried about not receiving food bags [from the Houston Food Bank Backpack Buddy Club program]. When they find out they are receiving enough food bags to cover them over the holidays their eyes begin to sparkle and worries turn to relief. All the kids are very appreciative of receiving bags to take home this week."

~ a school rep at a participating Backpack Buddy Club school

Chronic child hunger symptoms

Extreme thinness
Puffy/swollen skin
Dry, cracked lips
Chronic sickness
Saving or hoarding food
Inability to concentrate

"One kindergarten student asks a few times a week if today is the day she will get food. The family really appreciates it."

~ a school rep