

A Moment on Hunger for Kiwanis Meetings

Poverty and hunger in America often go hand in hand, but poverty is not the only thing that determines food insecurity. People living above the poverty line are often at risk of hunger as well. Research demonstrates that unemployment, rather than poverty, is a better predictor of food insecurity among people living in the United States.

Government statistics on poverty show that in 2015, 43.1 million people (13.5 percent) in the United States were in poverty, including 14.5 million (20 percent) of children under the age of 18. 42.2 million Americans lived in food-insecure households, including more than 13 million children. Food insecure means they are unsure where their next meal is coming from.



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Hunger hurts everyone, but it is especially devastating in childhood because hunger deprives kids of more than just food.

On empty stomachs, kids don't have the energy to focus, engage, learn and grow. Yet, this is the reality for 1 in 6 children in the U.S. who worry about when they'll have their next meal.



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Eighty-four percent of households with at least one child served by the Feeding America network report purchasing the cheapest food available, even if it wasn't the healthiest option to provide enough food for the household.

Consider this fact: A person may feel hungry and eat a donut. They won't feel hungry again for a short time - but they will not have gained much in terms of nutritional value.

Also consider the extreme where a child eats mostly donuts and other sweets. The child won't be "hungry" as we commonly think of hunger. But the child may very well be both obese and malnourished at the same time.

Both parents and children need to be well educated about the right foods to eat to be well nourished!

20% of food-insecure children live in households that earn too much to qualify for most federal nutrition assistance—these families rely on charitable organizations and charitable individuals like us for help.



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Good nutrition, particularly in the first three years of life, is important for establishing a good foundation that has implications for a child's future physical and mental health, academic achievement, and economic productivity. Unfortunately, food insecurity is an obstacle that threatens that critical foundation.

According to the United States Department of Agriculture (USDA), 13.1 million children under 18 in the United States live in households where they are unable to consistently access enough nutritious food necessary for a healthy life. Although food insecurity is harmful to any individual, it can be particularly devastating among children due to their increased vulnerability and the potential for long-term consequences.