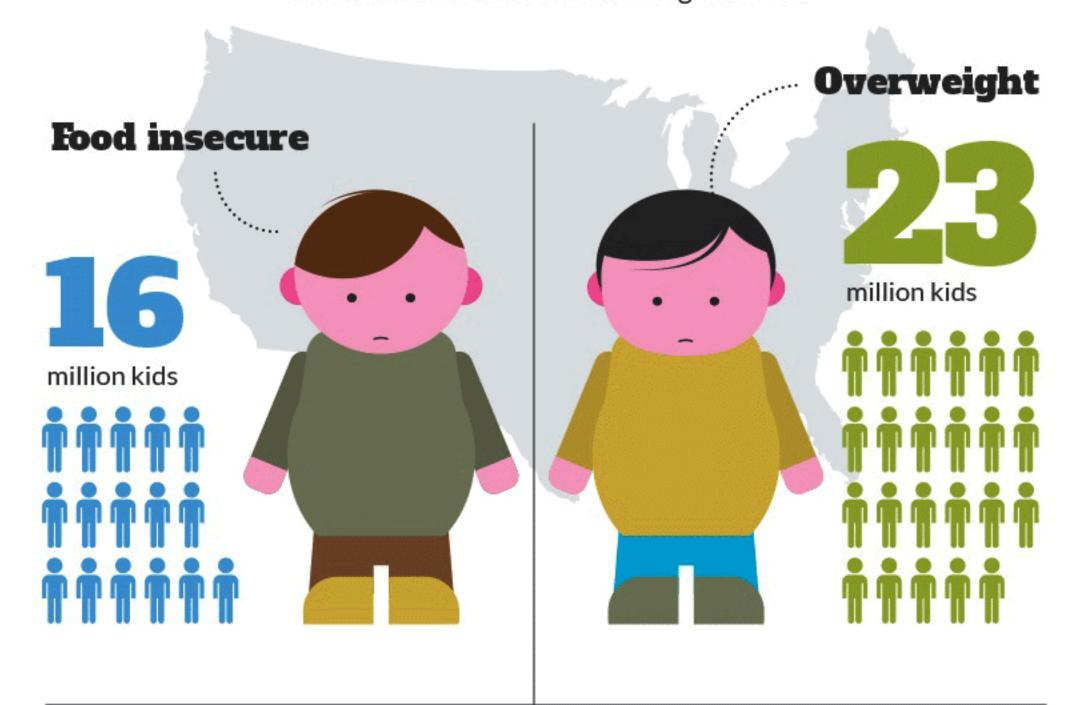
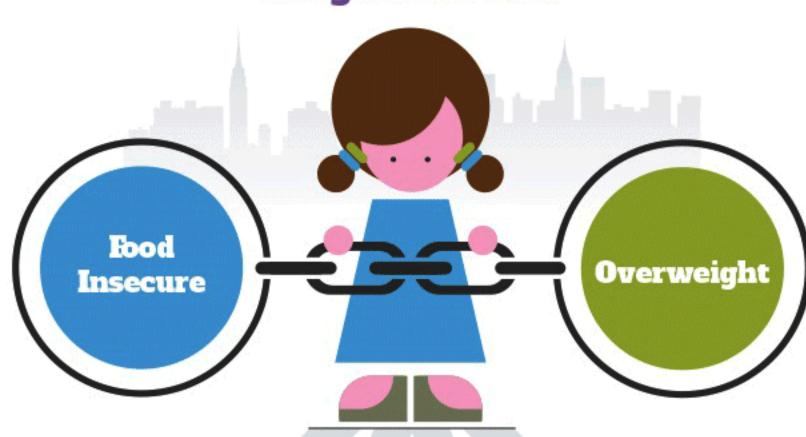
Nourish to Flourish

Food insecurity and being overweight are two of the biggest crises facing America's kids today. But they don't need to be.
The solution lies in understanding the facts.



The Reality of Being Overweight and Food Insecure They are linked.



Key drivers of food insecurity in the past decade have been higher poverty, unemployment, and decreased home ownership. Families facing food insecurity may:



consistent access to healthy food.

Lack



Have high levels of stress because of things like housing, finances and health care.



calorie-dense foods over healthier options because they lack access to nutrient-dense alternatives.



Effects of Food Insecurity and Overweight



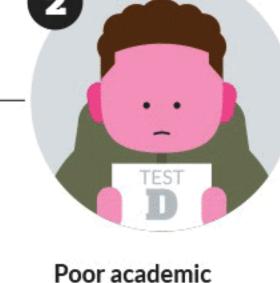
Iron deficiency, asthma, learning difficulties

developmental issues

Health and

Work to

increase



performance

Lower test scores, difficulty concentrating, repeating a grade level



Irritability, difficulty getting along with others, school suspensions

Existing programs like the Supplemental

But real solutions do exist!

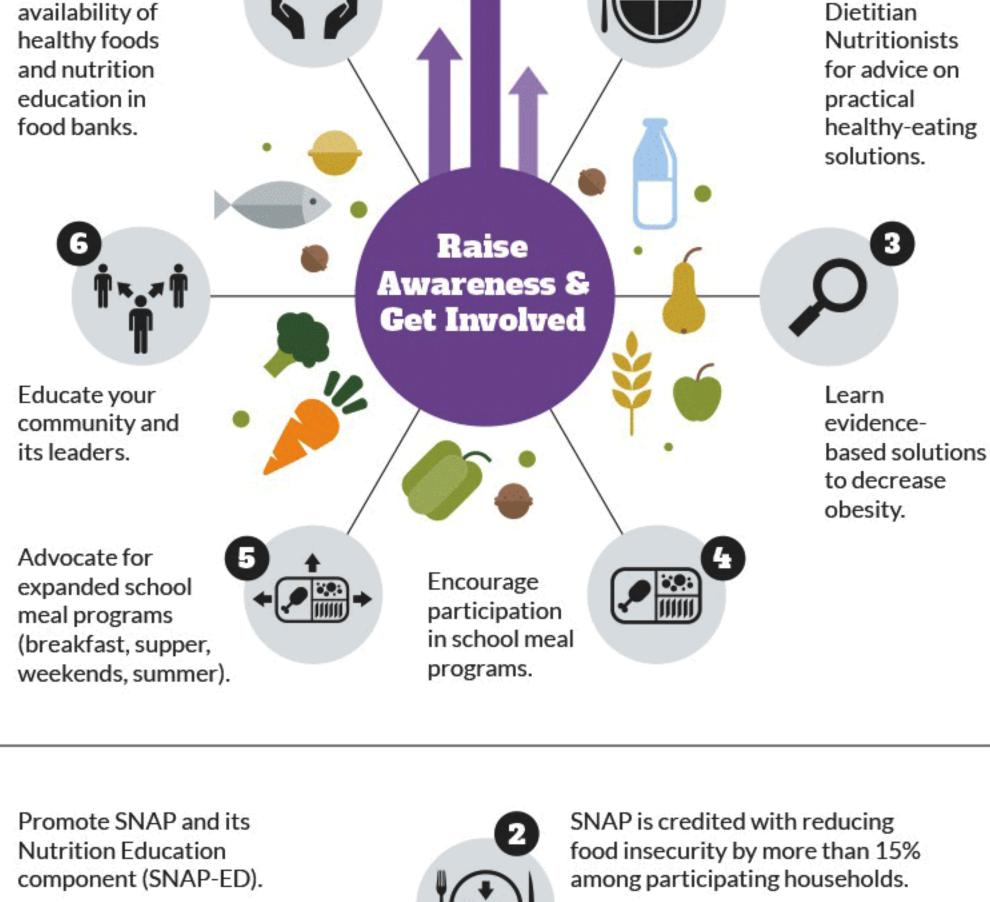
Supplemental Nutrition Program for Women, Infants, and Children (WIC), and the USDA Child Nutrition Programs, like the School Breakfast and Lunch programs reduce hunger and increase access to healthy foods. But these programs need support.

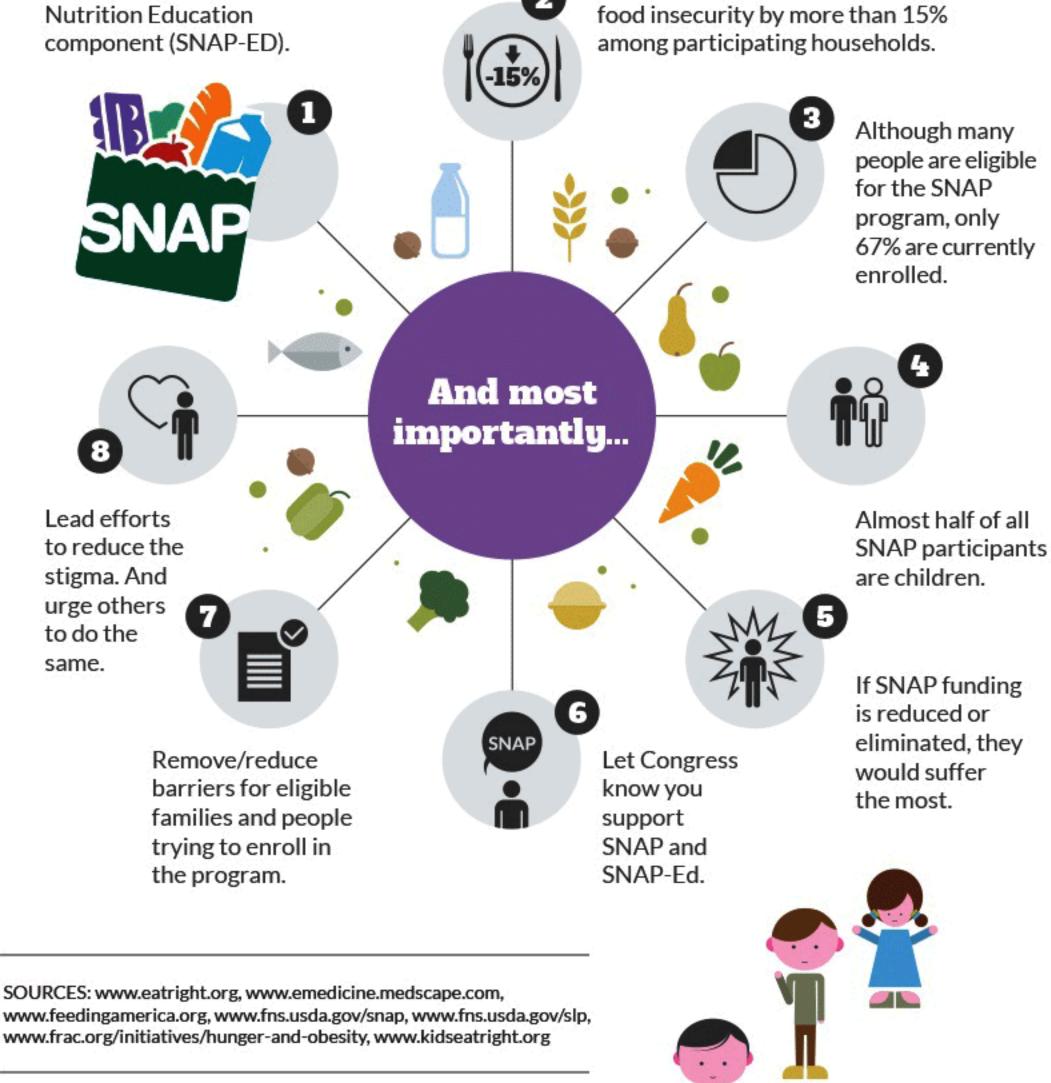
Nutrition Assistance Program (SNAP), the Special



Enlist

Registered





KIDS eat right.

www.kidseatright.org

Academy of Nutrition and Dietetics

Academy of Nutrition and Dietetics Foundation