

## Fact Sheets for Kids – Hunger in America

Fact Sheets for Kids help children understand related community issues. For more fact sheets, go to [www.HandsOnNetwork.org/FamilyVolunteering/ServiceLearning](http://www.HandsOnNetwork.org/FamilyVolunteering/ServiceLearning).



Hands On  
NETWORK



## Faces of Hunger

**Children** – *Meet Sandra and Samuel*  
Samuel is six years old. His mom, Sandra, works at the diner and they struggle with hunger every month even though they receive food stamps. Samuel eats both breakfast and lunch at school and gets a snack at his after school program. Summer and school vacations are a problem. Sandra and Samuel eat at the soup kitchen during the weekend and receive food from the Loaves and Fishes food pantry at their church.

**Elderly** – *Meet Rose*  
Rose is 70, unemployed and lives alone. She receives \$650 in Social Security each month and pays \$300 for rent, \$30 for electricity, \$25 for the phone, \$60 every month for fuel and \$45 for cable television. That leaves her \$48 dollars a week for food, household supplies and transportation. Rose must rely on emergency food assistance to survive.

**Working Poor** – *Meet Raymond*  
Raymond works every day to support his wife and baby daughter but it has been a month since he has had money for groceries. His paycheck was spent between the doctor for his daughter (he has no medical insurance) and car repairs. The food stamps are not enough to see him through to the end of the month. He takes his lunch breaks at a local soup kitchen and they receive assistance from the local food pantry.

## Why Are People Hungry?\*

**Jobs** – Lack of living-wage jobs do not allow people to purchase the food they need.

**Housing** – A lack of affordable housing so people have to spend too much for housing and not enough for food.

**Inadequate Food Stamps** – Not enough of the eligible working poor are receiving food stamps.

**Health Care** – In 2005, nearly 47 million Americans were without health insurance. Often they have to cut food purchases to pay for medical care and medications.

**Summer Hunger** – Childhood hunger increases during the summer when children do not have access to “free lunch” at school.

**Poor Education** – Low education levels usually mean lower paying jobs.

\*Adapted from  
[www.worldhungeryear.org](http://www.worldhungeryear.org)

## Fact

**More than 38 million people, including nearly 14 million children in the United States are living on the brink of hunger, uncertain where their next meal will come from.**



## Help for the Hungry

- Food Banks
- Soup Kitchens
- National School Lunch Program
- Food Stamp Program
- Summer Food Service Program

## How can you help?

- Kids CAN Do It – food collection
- Make Good-Eat Bags or Sleepy Snack Sacks and donate to a food pantry or soup kitchen.
- Hold a Soup Kitchen dinner to collect food or earn money for the hungry.