

Food assistance programs reduce food insecurity and its negative impacts:

WIC enrollment from birth increases iron levels and lowers iron-deficiency anemia.

Families at risk of hunger who participate in SNAP are twice as likely to be healthy than those who do not.

The Child and Adult Care Food Program (CACFP) provides nutritious meals and snacks to over 4,600 child care centers and homes in Pennsylvania, improving the overall quality of care.

Over 590,000 Pennsylvania children received daily free or reduced-price school lunches during the 2011-12 school year - frequently their only meal.

Only 263,489 of those children received a free or reduced-price breakfast each day. Breakfast has been shown to stave off obesity.

Even fewer children - only 113,847 - participated daily in the Summer Food Service Program in 2012, designed to fill the nutrition gap left when school ends.



Born into Poverty

Serenity has big blue eyes and giggles with a grin so wide that it takes up most of her tiny face. She and her mother wait in line with hundreds of other families. They've come to one of the Food Bank's Produce to People distribution locations, where they can take home fresh produce and groceries.

At only 10 months old, Serenity doesn't know where dinner comes from, but she knows what hunger feels like. Even though she's very young, she has experienced times when her parents have had to choose between paying the heating bill and buying groceries. Serenity hasn't lived long enough to make mistakes or wrong decisions; she was simply born into poverty.

Serenity's parents moved from Houston, Texas when her father got work in construction. Despite his new job, they're still struggling to get reestablished. "It's hard," her mother confesses. "Serenity's father is working, but it's hard to pay all of those bills and buy diapers and formula. You just can't do it all."

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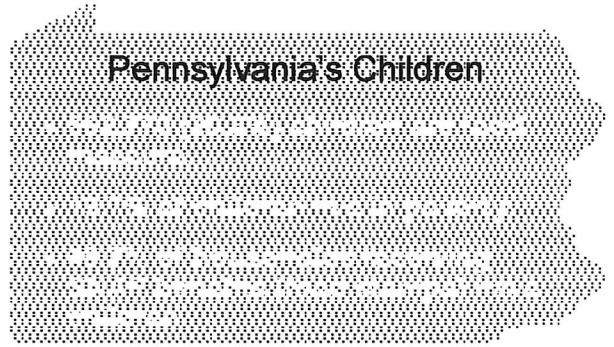
Revised January 2014

For more information on hunger and food insecurity visit www.pittsburghfoodbank.org



hurts pennsylvania

Pennsylvania's Children



Lifelong Consequences of Child Hunger



Child hunger causes

**HEALTH
PROBLEMS**



Hungry children are sick more often, frequently experiencing headaches, stomach-aches, colds, and fatigue.

- 2.9x more likely to suffer from poor health.
- 1.4x more likely to be iron deficient.
- 1.3x more likely to be hospitalized and require longer in-patient stays.

Undernourished children are at risk of serious health, social, and educational problems carrying into adulthood.

Child hunger causes

**POOR JOB
READINESS**



Adults who experienced hunger as children are ill-prepared mentally, emotionally, and physically for the work environment, leading to greater absenteeism and turnover.

Child hunger causes

**BEHAVIOR
PROBLEMS**



Studies link hunger with social, behavioral, and mental health problems.

- 1.9x more likely to suffer from ADHD.
- 3x more likely to be suspended from school.
- 5x more likely to commit suicide as a teen.

Child hunger causes

**EDUCATION
PROBLEMS**

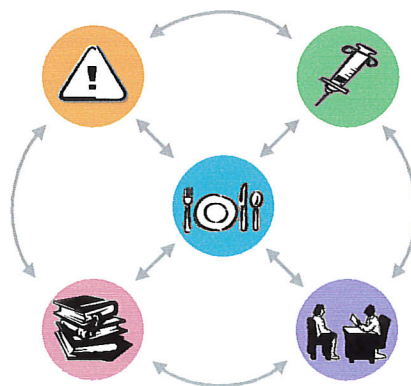


For emotional, cognitive, and physical reasons, a hungry child faces significant educational challenges.

- 1.6x more likely to miss days of school.
- 2x more likely to repeat a grade.
- 2x more likely to require special education.

LONG-TERM COSTS

Hunger causes a chain reaction of negative impacts.



Compared to their food secure peers, children experiencing 4 years of food insecurity have a:

**209% increase in
their likelihood of
lower health status.**