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# Hunger

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## Faces of hunger

**Children:** Sam is six years old. His mom works at a diner. Some months they do not have enough food even though they get food stamps. Sam eats breakfast and lunch at school. He also gets a snack at his after school program. Summer and school vacations are a problem. Sam and his mom eat at the soup kitchen on the weekends and get food from the food pantry.

**Elderly:** Rose is 70. She lives alone and doesn't have a job. Social Security gives her \$650 each month. With that, she pays \$300 for rent, \$30 for electricity, \$25 for the phone, \$60 for gas and \$45 for cable TV. That leaves her \$48 dollars a week for food, supplies, and transportation. She needs food assistance.

**Working Poor:** Ray works every day, but it has been a month since he has had money for groceries. His paycheck was spent on the doctor for his daughter (he has no medical insurance) and car repairs. He takes his lunch breaks at a local soup kitchen. His family gets food from the local food pantry.

## Why are people hungry?\*

**Jobs:** A lack of living-wage jobs means some people cannot afford food.

**Housing:** A lack of affordable housing can mean spending too much for housing and not enough for food.

**Health Care:** In 2010, 50.7 million Americans did not have health insurance. Often they have to buy less food to pay for medical care.

**Summer Hunger:** Childhood hunger increases in the summer when children do not get "free lunch" at school.

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

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

## Fact

- In the U.S., 49 million people live on the brink of hunger. They do not know how they will get their next meal.

## Help for the hungry



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

## How can you help?

Start a food drive.

Help out at a soup kitchen or food bank.

Hold a soup kitchen dinner to collect for or earn money for the hungry.



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