



SHARE OUR STRENGTH'S NO KID HUNGRY CAMPAIGN

In the world's wealthiest country, more than 16 million children in America struggle with hunger. That's one in five kids who are at risk of hunger every day.

Share Our Strength's No Kid Hungry® campaign is ending childhood hunger by combining access to healthy food with education about these foods.

Access: We're ensuring that kids get consistent access to healthy food by connecting them to federal food and nutrition programs like school breakfast, summer meals and SNAP.

Education: We're empowering parents and caregivers with food skills to get the most of those programs and their food resources through Cooking Matters by teaching key cooking, shopping and budgeting skills.

No Kid Hungry brings together governors, mayors, businesses, chefs, federal and state agencies, educators and community leaders to connect children at risk of hunger with food and nutrition programs where they live, learn and play.

Get involved at Strength.org.



TEACH, REACH AND SPEAK OUT

FAITH-BASED COMMUNITIES AND THE NO KID HUNGRY CAMPAIGN

Share Our Strength's No Kid Hungry campaign is ending childhood hunger by empowering parents and caregivers with key food skills and connecting kids to the healthy food they need where they live, learn and play.

Federal child nutrition programs, like school breakfast and summer meals, and education about healthy foods and choices for families play a critical role in helping children succeed. Ending poverty is complicated. But feeding a child is simple. Our nation can overcome childhood hunger, but we need the help of faith-based organizations. Faith-based leaders and communities play a key role in connecting children to these programs and making sure no child goes hungry—and that is where you can make a difference.

FAITH-BASED ORGANIZATIONS AND CHILDHOOD HUNGER

Studies show that kids who face hunger can have trouble focusing and getting along, experience frequent headaches, stomachaches and other ailments and fall behind in virtually every way.

Faith leaders and communities already contribute to the fight to end hunger by running food pantries, advocating for healthy food choices, organizing neighbors to volunteer or offering a camp or afterschool program to the kids in a community. But we can all do more together.

Federal food and nutrition programs, such as school breakfast, and food skills education, including learning how to cook healthy, affordable meals at home, play a critical role in feeding millions of children every day. Barriers such as stigma and lack of awareness about programs and how to use them keep kids from fully utilizing these resources.

Together we can ensure that kids succeed by increasing access to healthy foods where kids live, learn and play by raising awareness about these programs, working to remove barriers and providing hands-on food skills classes.



Cooking Matters for Kids participants learn how to prepare healthy, affordable foods at home with the help of nutrition and culinary volunteers.

"I learned that when you eat healthy, your energy increases and it stays longer. I also learned that eating healthy can be fun and delicious."

--Cooking Matters for Kids graduate



St. Veronica Catholic Church in Baltimore, MD serves free summer meals to neighborhood children in 2011

"When people contribute through their unique skills and creative abilities they are giving the one thing that is most genuinely theirs and that no one can take away. "

--BILL SHORE, FOUNDER & CEO, SHARE OUR STRENGTH, AUTHOR, REVOLUTION OF THE HEART

WHAT YOU CAN DO TO END CHILDHOOD HUNGER

Communities of faith across the country have taken a stand against hunger and you can too! Please take on one, some or all:

- **Share Information.** Discuss nutrition education, school breakfast and summer meals programs with members at times of worship and other gathering opportunities. Disseminate materials to your community.
- **Promote Programs.** Post messages in bulletins, newsletters and signage outside your building about programs:
 - *Summer Meals:*
School's out, but students can still get free summer meals. Go to www.Strength.org/SummerMeals or call 1-866-3HUNGRY to learn more, or text FOOD to 877-877 to find a site near you.
 - *School Breakfast:*
Free and Reduced-Price Breakfast Served at School Every Morning
 - *Healthy Eating and Shopping Tips:*
Cooking Matters offers free, downloadable tools filled with healthy recipes and fun shopping and cooking tips activities. Download them at www.CookingMatters.org/EducationalTools.
- **Remove Barriers.** Serve as a Summer Meals or Afterschool Meals Site. Contact your local department of health or department of education for more information (this varies from state to state. Full state by state list for contacts by program can be found at <http://www.fns.usda.gov/cnd/Contacts/StateDirectory.htm>)
- **Promote Good Nutrition.** Talk about the importance of good nutrition and include nutrition education in church events. Better fed, better educated, healthier kids lead to stronger communities. Use Exploring Food Together to help kids make healthy foods choices. Download a free copy at www.CookingMatters.org/ExploringFoodTogether
- **Cooking Matters.** We're empowering parents and caregivers with food skills to get the most out of food and nutrition programs, and all of the food resources, through Cooking Matters® courses across the country. Find a course in your area at www.CookingMatters.org. You can serve as a host site and refer members.
- **Shopping Matters Too.** Shopping Matters® helps families make healthy and affordable choices at the supermarket. Learn how to bring Shopping Matters to your community at www.ShoppingMatters.org.

Join us and make sure that no child goes hungry. For more resources, visit www.Strength.org.