

# Schools Can Help Hungry Children

A message from the Nutrition Consortium of NYS · [www.nutritionconsortium.org](http://www.nutritionconsortium.org)



## The Physical, Emotional, Social, and Academic Effects of Hunger on Children...

1 in 6 children age 18 and under are food insecure in NYS. This means that too many children are missing out on good nutrition necessary for positive development. Children who experience hunger or food insecurity are likely to experience major disadvantages such as:

- Be sick more often and suffer growth impairment.
- Display aggression, hyperactivity, and anxiety.
- Have difficulty getting along with their peers.
- Score low test scores and lack energy for classroom concentration.

## Child Nutrition Programs Can Help!

Federal nutrition assistance programs help school-aged children throughout NYS grow, learn, and play!

- All meals served through the federal child nutrition programs meet federal nutrition guidelines including milk/dairy products, fruits/vegetables, protein sources, and carbohydrates.
- The National School Lunch Program ensures children have energy throughout the entire school day.
- Starting the day with the School Breakfast Program yields higher test scores, increases children's ability to focus on school work, and decreases visits to the school nurse.
- The Child and Adult Care Food Program enriches quality afterschool programs with snacks and suppers for children.
- The Summer Food Service Program provides free meals to children in low-income areas during summer months when school is not in session.

For schools with high percentages of low-income students, child nutrition programs provide some of the most nutritious and consistent meals for low-income children.

### What Can My School Do to Reduce Child Hunger?

Serve meals to children through the federally-funded child nutrition programs:

- Serve breakfast in the classroom or 'after the bell' to ensure more children fuel up for a day of learning.
- Become a summer food sponsor/site and feed children during the summertime (if your location qualifies).
- Serve afterschool snacks or suppers at your out-of-school educational or enrichment programs (if your location qualifies).

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Speak with your district's food service department to learn about other strategies for bringing nutritious meals to more children.



To learn more about the impact your school can have on reducing child hunger by using federally-funded nutrition assistance programs, please contact:

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