

the Sillerman Center

FOR THE ADVANCEMENT OF PHILANTHROPY

CHILD HUNGER ALLEVIATION: A Guide to High Impact Investments



Hunger is defined as the recurrent and involuntary lack of access to food.

Food security is the ability for everyone to consistently access nutritious and safe food so that they can have healthy lives. Food insecurity is particularly devastating to children because lack of proper nutrition prevents a child's healthy development and has long-term health consequences.

HUNGRY CHILDREN ARE:

- Likely to be sick more often, recover more slowly, and be hospitalized more frequently.
- Less likely to learn as much and perform well in school.
- More likely to have behavioral and emotional problems, be suspended from school, and have difficulty relating to other kids.

73.6
million
children
in U.S.

15.8
million
(21%) are
food
insecure

Child Hunger in the Classroom:

- This year, for the first time ever, more than half of public school students in this country are from low-income families.
- 3 out of 4 public school teachers say that students regularly come to school hungry. 81% say it happens at least once a week.
- 50% of teachers report that the problem of children being in school hungry has increased.

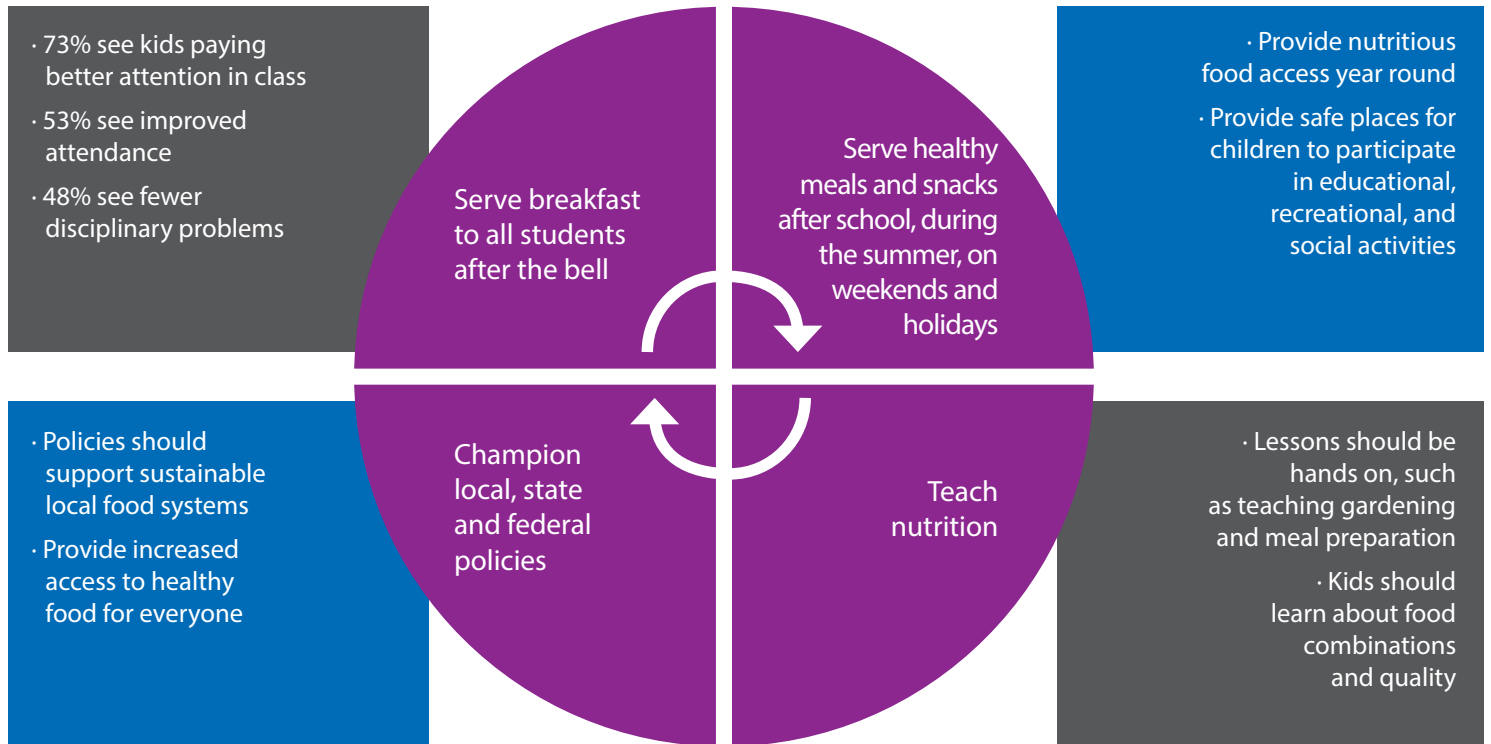
21.5 million
(70.5%) of children in school
receive free or reduced
lunches. However, fewer than
2.7 million receive free meals
during the summer



What is a Child Hunger Alleviation Program?

- **PRIORITIZES** low-income children and their families and stays cognizant of stigmatizing them among their peers
- **WORKS WITH PLACES WHERE CHILDREN ARE LIKELY TO BE:** schools, churches, and after-school and summer programs to provide nutritious meals and snacks; also with food banks and pantries that reach out to families with children
- **COMMUNICATE** with children and families to identify their specific needs.
- **BUILDS** sustainable food systems, like supporting schools in planting gardens to grow food the students and their families can eat, offering coupons to families for farmer's markets, and supporting farm-to-school programs
- **ADVOCATES** for resources to feed children year round and to alleviate poverty by increasing resources for education and employment
- **USES DATA** to determine what difference the program is making and why, and what to improve

High Performing Programs Should Aim to Address the Following Areas:



While not all programs will successfully address each of these areas, high performing programs should aim to focus on as many as possible. When programs are successful, we should see child hunger alleviation.

For more information please visit:

The Sillerman Center for the Advancement of Philanthropy
 415 South Street (MS 035) | Waltham, MA 02453 | 781.736.3772
sillermancenter.brandeis.edu

BRANDEIS UNIVERSITY

The Heller School
 FOR SOCIAL POLICY AND MANAGEMENT

Prepared in partnership with the [Center for Youth and Communities](#)

+ The Sillerman Center draws upon scholarship and practitioner experience to engage and inform members of the philanthropic community committed to moving social justice work forward.