



# 10

# THINGS TO KNOW ABOUT NUTRITION AND HUNGER



## 1 FOOD SECURITY

means having enough food at all times in order to live an active, healthy life.



## 2 1 in 4 CHILDREN

who live in California does not have enough to eat each day.  
(California Association of Food Banks)



## 3 47% OF FOOD BANK CLIENTS

in our local area have to choose between buying food and paying for school supplies/clothes. A food bank collects donated food and distributes it to people in need. (Second Harvest Food Bank)



## 4 HUNGER CAN CAUSE

headaches, tiredness, frequent colds and other illnesses.  
(Gallatin Valley Food Bank)



## 5 217,000 CHILDREN

around the world die of malnutrition every week. That's more than the number of children killed by any flood or earthquake in history.  
(www.bread.org)



## 6 MAKE HEALTHY CHOICES

Check out Harvard's Healthy Eating Plate ([health.harvard.edu](http://health.harvard.edu)) to understand wise food choices that will help you learn and stay active.



## 7 MALNUTRITION

occurs when the body does not have the right vitamins and minerals to be healthy, either because of too little or too much food, or due to an unbalanced diet.



## 8 HUNGRY CHILDREN

can have a hard time concentrating. This makes it harder to read and focus on school work.  
(Gallatin Valley Food Bank)



## 9 FOOD INSECURITY

occurs when someone doesn't have enough or is not sure if he/she/they will have enough food in the future.



## 10 30,000+ MEALS

Number of meals La Entrada students will build on April 29, 2022.



### LA ENTRADA SPRING SERVICE PROJECT