



## Educating Children on Hunger & Food Insecurity

### Talk about it.

Hunger and food insecurity are closely related, but distinct, concepts. Hunger refers to a personal, physical sensation of discomfort, while food insecurity refers to a lack of available financial resources for affordable, nutritious food at the level of the household. [U.S. Department of Agriculture (USDA)]

*How does someone become food insecure?*

It can happen to anyone. Being laid off work, having an accident and being on disability, unexpected costs like car maintenance or medical bills are a few of the challenges that can contribute to the inability for families to buy food.

*Topics to discuss / Questions to ask your child(ren):*

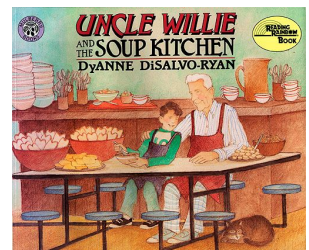
- How would you feel if you had to rely on a stranger to provide your holiday meal?
- How does it feel when you are hungry and you have to wait to eat?
- What are ways we could help those who are hungry?
- What things are you grateful for? Are these things you *need* to live or things that are simply nice to have?

### Read about it.

Thoughtful, well-written books on the topic of hunger and/or food insecurity can help children understand and process the complexity of the topic.

You may be able to find these at your local library:

- *Maddi's Fridge* by Lois Brandt
- *One Potato, Two Potato* by Cynthia Deflect
- *Uncle Willie and the Soup Kitchen* by Ann DyAnne DiSalvo-Ryan



### Do something about it.

- Prepare a meal at St. Vincent de Paul Meal Program or another local meal program.
- Host a food drive - collect non-perishable goods to delivery to Hunger Task Force or a local food bank like Riverwest Food Pantry.
- Volunteer with Victory Garden Initiative to help with local community gardens around Milwaukee.
- Engage your Elected Officials – share your concerns with your elected officials and you can influence how and where federal funds for food programs are disbursed.
- Participate in other [volunteer opportunities](#) with Kids Impact Community.

### Keep the conversation going – questions to ask.

- How did you feel when you were volunteering?
- What was easy about the volunteer experience? What was challenging?  
Did anything surprise you?
- Why do you think it is important for your family to help other families?
- What other actions could we take as a family to help other families in need?