Poor diet reduces immune system activity making people more susceptible to hospitalizations.

Developmental Delays
Food insecure students may:
- have stunted growth,
- be more likely to repeat a grade, or
- require special education services.

Get Sick More Often
Poor diet reduces immune system activity making people more susceptible to hospitalizations.

Trouble Learning
Hungry students are often distracted, leading to:
- poor attention span,
- difficulty focusing,
- poor memory, and
- learning disabilities.

The brain needs energy to function.

Poor Mental Health
The unrelenting stress of food insecurity rewires the young brain causing permanent changes.

Hungry kids experience higher rates of anxiety and depression. They can also display PTSD-like behavior.

Social-Behavioral Dysregulation
Hungry students are more likely to be:
- cranky,
- hyperactive,
- aggressive,
- bullying,
- reactive,
- impulsive,
- dysregulated, and/or
- anti-social.

If hunger is the root cause, these symptoms will disappear almost immediately when the student eats!

Decreased Engagement & Participation
Chronic absenteeism is twice as prevalent among economically disadvantaged students.

Students who are poor for half of their childhood are 90% more likely NOT to complete high school.

Food insecurity impacts the entire community. When someone lacks regular access to enough nutritious food for an active life, they will struggle. Their dysregulation will impact their surroundings whether that is a teacher, friend, small group, whole classroom, or the entire school. **Food insecurity is "our" problem.**