



FIVE FACTS

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FIVE FACTS ABOUT CHILDHOOD HUNGER IN THE SUMMERTIME

For kids, summertime should mean food, friends and fun. For many families fighting to make ends meet, however, summer can mean struggling to stretch tight food budgets even further. Federal summer meals programs, however, provide a solution. These free, healthy meals are available to kids and teens age 18 and under at thousands of summer meals sites across the country. Here are five facts about summer meals.

1 SUMMER CAN BE TOUGH ON FAMILY FINANCES

According to a recent national survey of low-income families, **43% say it's harder to make ends meet** in the summer months. Families spending more on food say that, on average, their grocery bills are about **\$300 higher** every month when kids are out of school.

[No Kid Hungry Center for Best Practices]

2 SUMMER MEALS ARE HERE TO HELP

Free summer meals are a way to make sure our kids are getting healthy food when school isn't in session. These **free, healthy meals** are available to kids and teens age 18 and under at thousands of sites across the country. These sites are funded by the United States Department of Agriculture, approved by state agencies, and run at **safe local organizations like schools, churches and community centers**.

[USDA Federal Nutrition Services]

3 TOO MANY KIDS ARE MISSING OUT

While more than **21 million kids** in the U.S. rely on free and reduced-price school lunches for their nutrition during the school year, just over **3 million kids** get a free summer meal.

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4 BARRIERS CAN BLOCK KIDS FROM GETTING FOOD

Barriers to participation include a lack of accessible summer meals sites, transportation issues due to family work schedules and not being aware of the programs.

[No Kid Hungry Center for Best Practices]

5 THE NO KID HUNGRY CAMPAIGN BREAKS DOWN BARRIERS SO KIDS GET THE HEALTHY FOOD THEY NEED

Share Our Strength's No Kid Hungry campaign is focused in the summer months on making sure kids can get these important meals. The No Kid Hungry campaign raises awareness to ensure parents and kids know about the program through texting campaigns, launch events, neighborhood canvassing, social media and PSAs. We also work on the state and local level to recruit new sites, with small grants to cover start-up costs and outreach staff to help them get up and running. Much of this work is done through public/private partnerships, including the Arby's Foundation, the USDA, governors' offices and No Kid Hungry partners on the state and local level.

[No Kid Hungry]

SHARE YOUR STRENGTH:

WANT TO TAKE ACTION?

Go to NoKidHungry.org/Summer to see how you can get involved.

Help connect kids to healthy food this summer.

Volunteer to make a difference.

Find actions you can take in your community.



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