

CHILDHOOD HUNGER

- In Texas, one in four children (1.4 million) live in families at or below the federal poverty level, which is \$20,000 for a family of four.
- In the 13 North Texas counties served by the North Texas Food Bank (NTFB), there are 1.2 million children; more than 23 percent are living at or below the federal poverty level.
- Based on those served by NTFB agencies, nearly forty percent are under 18 years old and more than three-fourths (76 percent) of households with children 18 years old or younger are uncertain about having or being able to acquire enough food for all members of the household.
- Summer is one of the worst times for childhood hunger, when school feeding programs are not operational. NTFB agencies report an increase of as much as 54 percent in the summer months.
- According to NTFB agencies, of the households they serve with children 18 years old or younger, 67.9 percent participate in the free or reduced federal school lunch program during the school year, but only 8.8 percent participate in food programs providing free lunches during the summer.
- Research shows that hungry children have poorer overall health, miss more days of school and are less prepared to learn when they are able to attend. They are more likely to have poorer mental health, be withdrawn or socially disruptive, and suffer greater rates of behavioral disorders.



Celebrating 25 years of service to the community, The North Texas Food Bank (NTFB) passionately pursues a hunger-free North Texas through nutritious food distribution, advocacy and education. Last year, NTFB distributed 37 million pounds of food to 678 feeding and education programs in 13 North Texas counties, including after-school programs, residential treatment programs, food pantries, emergency shelters, soup kitchens, senior citizen centers and low-income daycare centers.

NTFB is a member of America's Second Harvest – The Nation's Food Bank Network. To learn more about NTFB and the issues of hunger, visit our website: www.ntfb.org.

- For every dollar donated to NTFB, we are able to provide five meals. (\$1 = 5 meals)
- Out of each dollar donated, ninety-seven cents is used to feed hungry North Texas families.

HOW TO GET INVOLVED

- **Give your voice.** Learn about hunger and the work of NTFB and tell others.
- **Give an hour.** Volunteer at our warehouse, at an agency or for an NTFB event.
- **Give a pound.** Host a traditional or virtual food drive at work, or with your faith, school or civic group.
- **Give a dollar.** We can take one dollar and provide five meals for hungry families in North Texas.

Imagine . . . North Texas Without Hunger

The North Texas Food Bank (NTFB) passionately pursues a hunger-free community