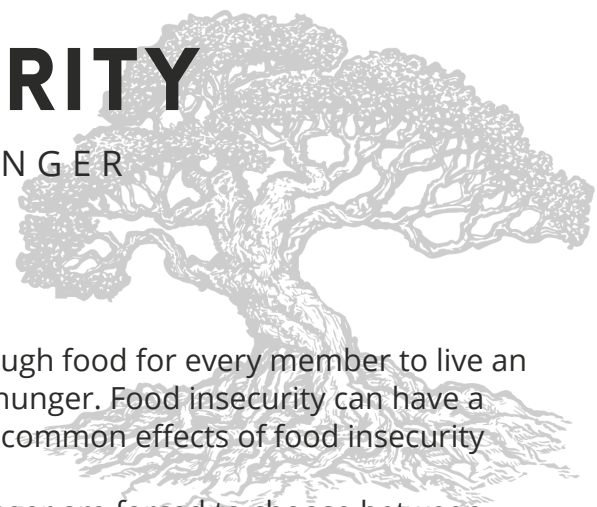


# FOOD INSECURITY

SOLVING WORLD HUNGER



## WHAT IS FOOD INSECURITY?

Food insecurity refers to the inability of a household to provide enough food for every member to live an active, healthy life. In the United States, 1 in 9 people struggle with hunger. Food insecurity can have a devastating impact, reaching far beyond hunger. Some of the most common effects of food insecurity include:

- Serious health complications, especially when people facing hunger are forced to choose between spending money on food and medicine or medical care;
- Damage to a child's ability to learn and grow; and
- Difficult decisions for seniors — often living on fixed incomes — such as choosing between paying for food and critical healthcare.

Embark on this quest to learn about food insecurity and what you can do to help.

## DISCOVER

Complete these three activities:

- Define the difference between hunger and food insecurity
- Research and discover the causes of food insecurity in America
- Create a plan that will help eliminate food insecurity in your area

## CONNECT

Complete at least two of these activities:

- Identify the closest area to you that has a high rate of food insecurity and determine the most likely cause of this food insecurity and how this cause led to food insecurity.
- Attend a program or seminar about food insecurity, food deserts, and hunger in your area. Check with your local department of human resources, food banks, health department, or online.
- Talk to a nutritionist, doctor, social worker, or another specialist to learn more about what food security is and how they are helping.

## ACT

**Required: Create a public service announcement about food insecurity and share it on social media.**

Choose and complete one of these activities:

- Call or write your state Senator or Representative to explain why you care about this topic and tell them how you would like them to help prevent and eliminate food insecurity.
- Visit [CitizenScientist.org](http://CitizenScientist.org). Search the product catalog to find and participate in a project in your local area.
- Volunteer at a soup kitchen, food bank, WIC or SNAP office, or homeless shelter
- Host a food drive for your local food bank

Start a fundraiser to help an organization who is fighting food insecurity

VISIT [TABARRON.COM](http://TABARRON.COM)  
FOR MORE QUESTS AND ACTIVITIES

