

# CHILD HUNGER IN AMERICA

The Quiet Crisis Affecting Millions of Children Every Day

Designed by Petulia Carson

**14 MILLION**

children in food-insecure homes

**6.7 MILLION**

households with children affected

**1 IN 5**

children may face food insecurity

## WHAT IS FOOD INSECURITY?

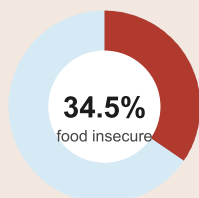
According to the U.S. Department of Agriculture (USDA), household food insecurity affected **6.7 million households with children in 2024**. Food insecurity means uncertain or limited access to enough nutritious food. These children often go to school hungry, struggle to concentrate, and face lasting health consequences that follow them into adulthood.

## HEALTH IMPACT

Food insecurity is strongly linked to **poorer health** in children — including worse overall health, more acute and chronic illnesses, and reduced access to healthcare.

### FOOD SECURITY STATUS

Households with Children (2024)

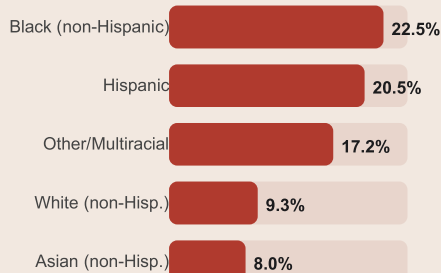


- Food Insecure (34.5%)
- Food Secure (65.5%)

Source: USDA ERS, 2024

### FOOD INSECURITY BY RACE

% of households (USDA ERS, 2024)



Source: USDA ERS, 2024

### 1 IN 5 CHILDREN

May face food insecurity



Food Insecure Food Secure

Source: No Kid Hungry, 2024

## THE CONSEQUENCES OF HUNGER

### EDUCATION

Hungry children are **more likely to repeat a grade** and score lower in math. Chronic hunger impairs concentration, memory, and classroom behavior.

### HEALTH

Food-insecure children experience **more hospitalizations**, higher rates of iron-deficiency anemia, and are more likely to have fair or poor health status.

### LONG-TERM IMPACT

Children experiencing food insecurity face **higher risks of obesity**, diabetes, and chronic disease as adults, creating a lasting cycle of poverty and poor health.

## PROGRAMS FIGHTING CHILD HUNGER

### SNAP

Supplemental Nutrition Assistance — helps 1 in 8 Americans afford nutritious food.

### School Lunch Program

Provides free or reduced-price meals to 30M+ children daily during the school year.

### Summer Meals

Serves nutritious meals to children in low-income areas during summer break.

### WIC

Nutrition support for women, infants, and children under age 5 in need.

**EVERY CHILD DESERVES TO GROW UP FREE FROM HUNGER.**

Together, we can end child hunger in America. Learn more at [nokidhungry.org](https://nokidhungry.org)

### SOURCES:

No Kid Hungry, hunger-facts (2024) | USDA Economic Research Service, Food Security in the U.S. – Key Statistics & Graphics (2024) | CDC NCHS, Data Brief #432