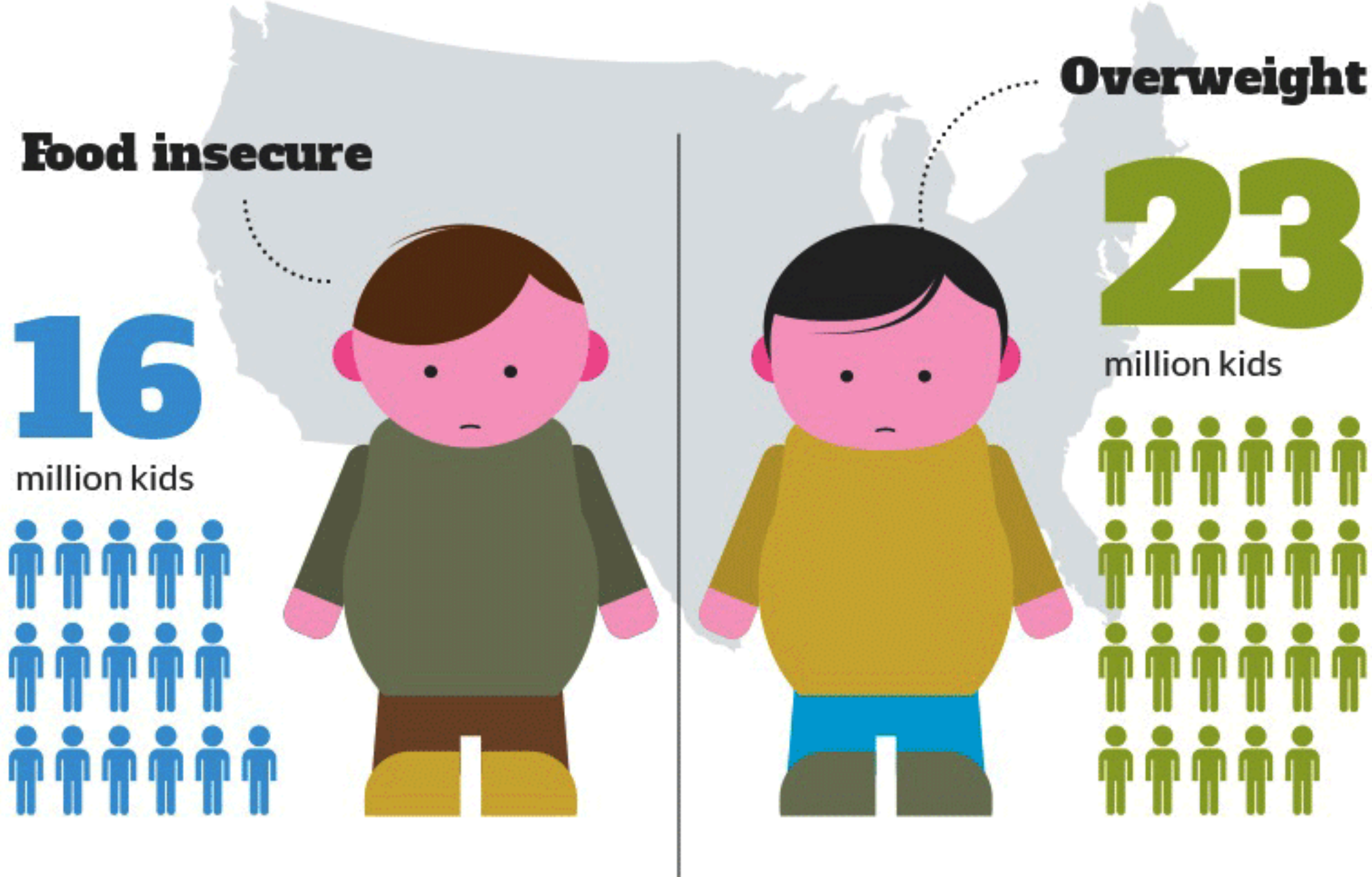


# Nourish to Flourish

Food insecurity and being overweight are two of the biggest crises facing America's kids today. But they don't need to be. The solution lies in understanding the facts.

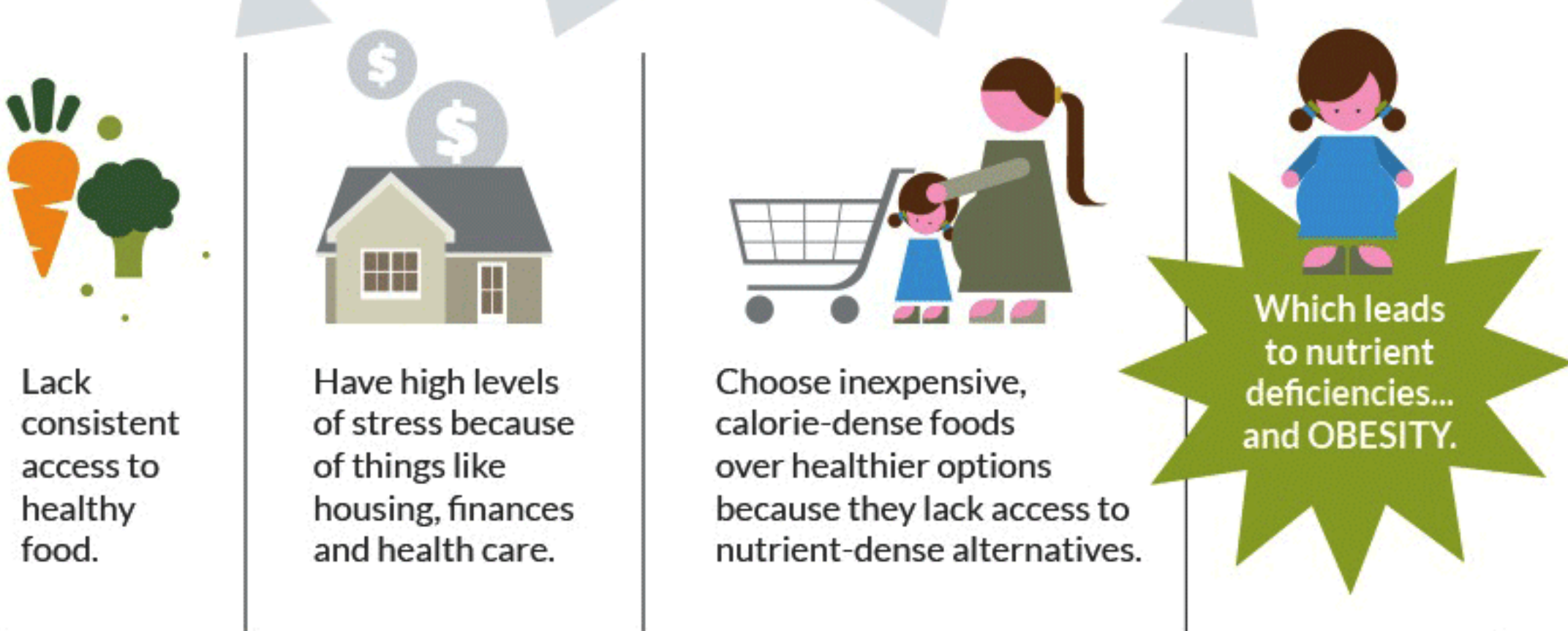


## The Reality of Being Overweight and Food Insecure

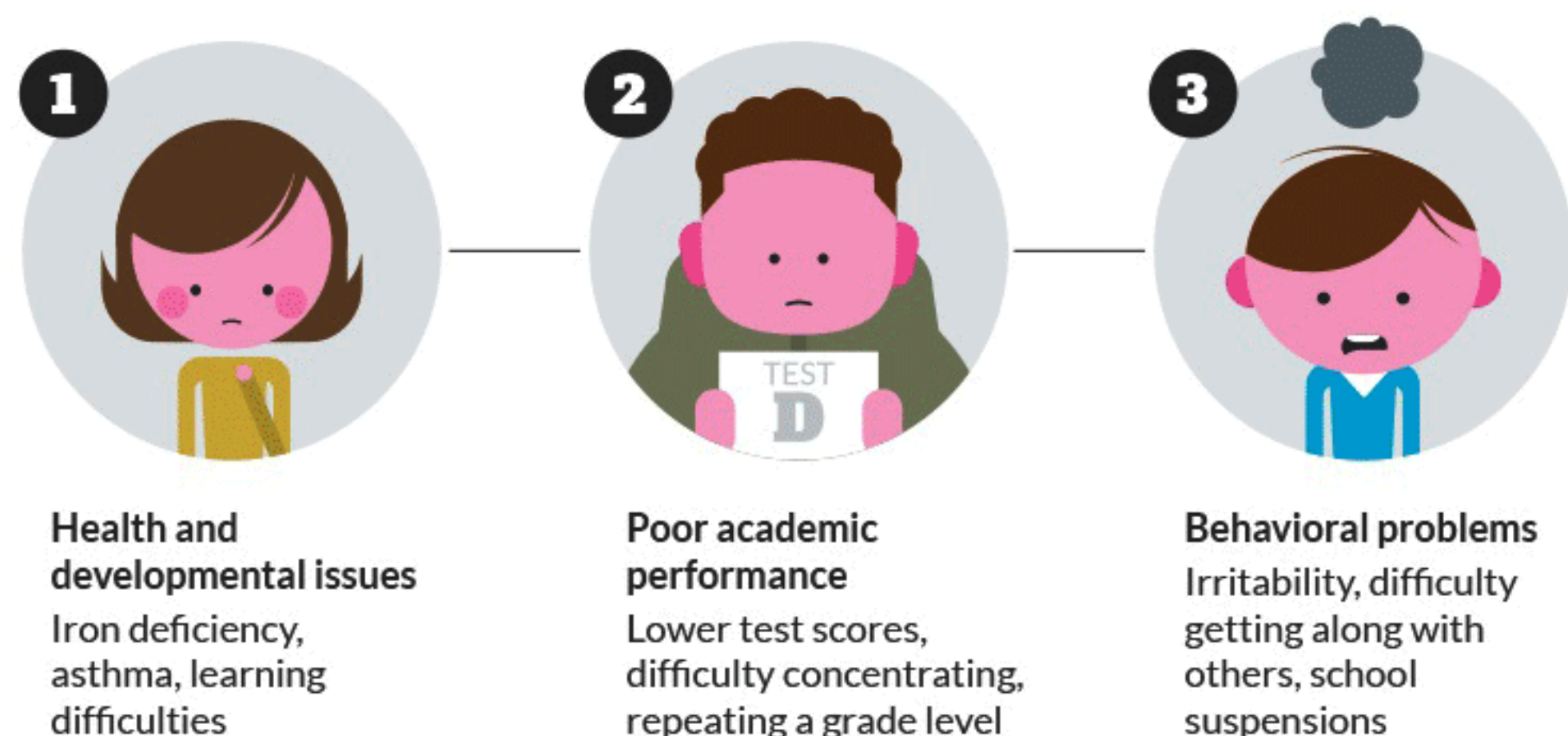
**They are linked.**



Key drivers of food insecurity in the past decade have been higher poverty, unemployment, and decreased home ownership. Families facing food insecurity may:



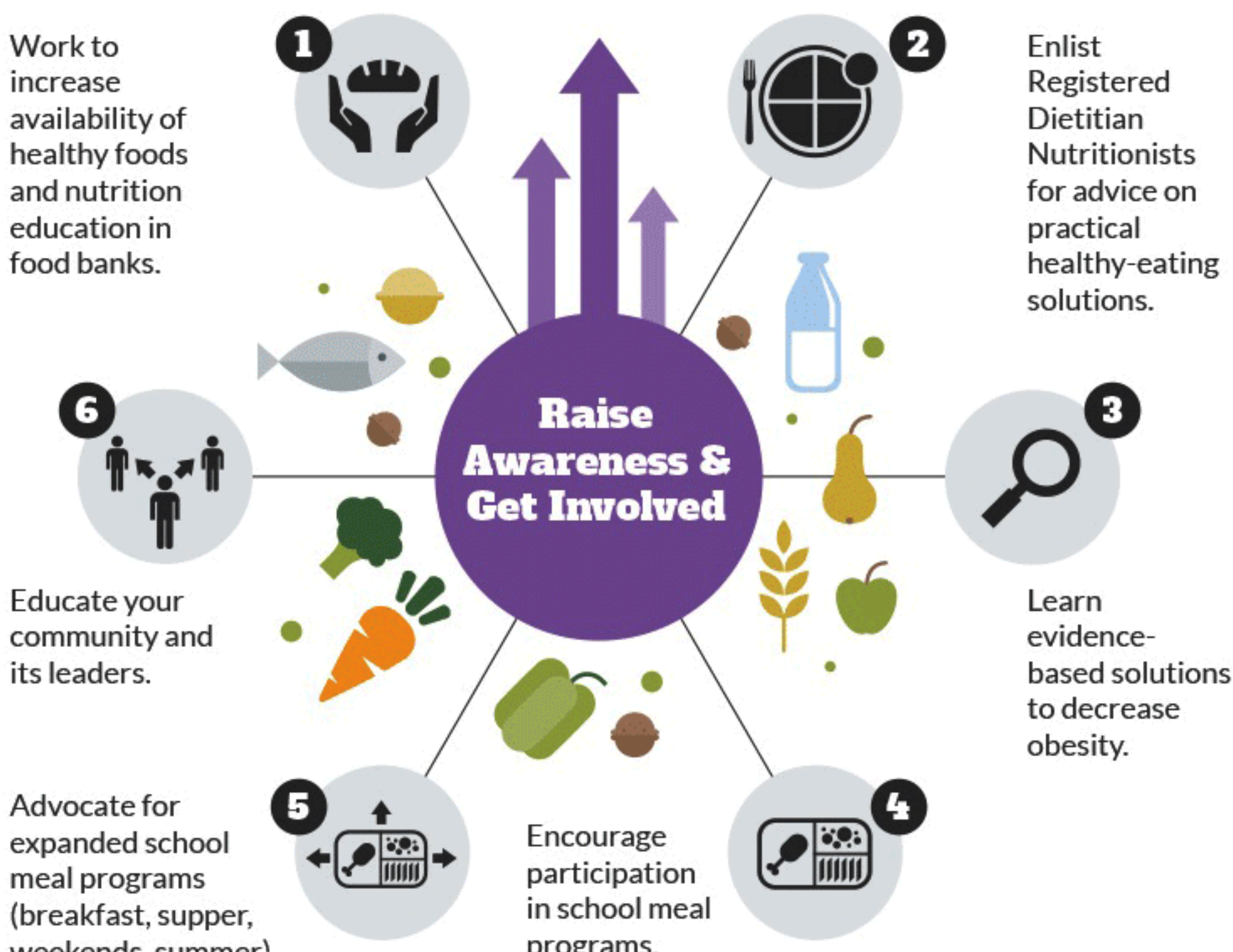
## Effects of Food Insecurity and Overweight



## But real solutions do exist!

Existing programs like the Supplemental Nutrition Assistance Program (SNAP), the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and the USDA Child Nutrition Programs, like the School Breakfast and Lunch programs reduce hunger and increase access to healthy foods. But these programs need support.

## How?



SOURCES: [www.eatright.org](http://www.eatright.org), [www.emedicine.medscape.com](http://www.emedicine.medscape.com), [www.feedingamerica.org](http://www.feedingamerica.org), [www.fns.usda.gov/snap](http://www.fns.usda.gov/snap), [www.fns.usda.gov/slp](http://www.fns.usda.gov/slp), [www.frac.org/initiatives/hunger-and-obesity](http://www.frac.org/initiatives/hunger-and-obesity), [www.kidseatright.org](http://www.kidseatright.org)

**KIDS eat right.**

Academy of Nutrition and Dietetics  
Academy of Nutrition and Dietetics Foundation  
[www.kidseatright.org](http://www.kidseatright.org)

