



5K FOR CHILD HUNGER RELIEF

**PICK YOUR STEPS • PICK YOUR TIME
HELP KIDS WITH HUNGER**

Use the 10 infographics provided to post along a 5K, send to individuals who are participating, or use around your church (inside or outside) to raise awareness for childhood hunger and how to take action and advocate to relieve and end hunger.

For more information or to find the pages as images visit:
<https://michiganumc.org/missions/childhungerresources/>



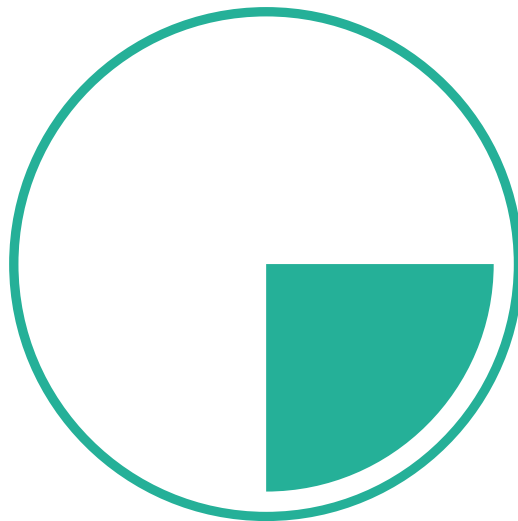
For additional information, contact Rev. Kathy Pittenger, Children's Initiatives Coordinator, Michigan Conference at kpittenger@michiganumc.org



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In Michigan, 19% of people struggle to put food on the table, including 26% of children.



<https://www.feedingamericaaction.org/hand-in-hand/>



Learn more at the 5K Child Hunger Website





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What is Hunger ?



Hunger is a personal, physical sensation of discomfort.

<https://hungerandhealth.feedingamerica.org/understand-food-insecurity/>



Learn more at the 5K Child
Hunger Website

 Michigan Conference
The United Methodist Church



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What is Food Insecurity?



Food Insecurity is complex and refers to a lack of available financial resources for food at the household level. This includes lack of nutritious food, transportation, money, grocery stores, unemployment, race/ethnicity, disability.



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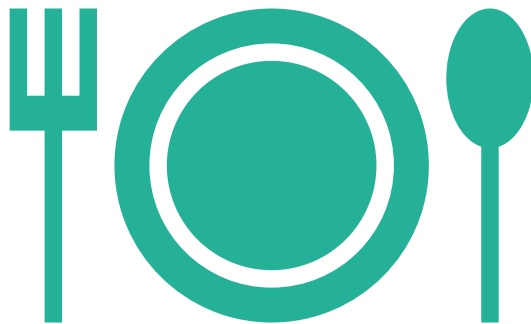
COVID-19 Impacts Hunger



Supply Chain



Fewer Volunteers



"Stretching food" by eating less



"Last Mile" food distribution



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At least 1 in 7 children in Michigan are food insecure. These numbers may be closer to 1 in 4 because of COVID-19.

<https://www.feedingamerica.org/hunger-in-america/michigan>
<https://www.feedingamericaaction.org/hand-in-hand/>



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Summer is the hungriest time of the year for children who depend on free breakfast, lunch, and afterschool meals.

MEET UP
— and —
EAT UP

Meet Up and Eat Up meal sites are located across Michigan and provide breakfast and lunch for children 18 and younger Monday through Friday all summer long.



Learn more at the 5K Child Hunger Website

 **Michigan Conference**
The United Methodist Church



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Impacts of Hunger



Lower performance at school, reduced cognition and memory



Chronic illness including asthma, cancer, cardiovascular disease and more.



Emotional and behavioral disorders

<https://www.oneagainstchildhoodhunger.com/blog/2018/02/16/hunger-and-its-very-real-effects-on-children/>



Learn more at the 5K Child Hunger Website





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Take Action



Volunteer at a local food bank, delivery program, or community organization



Donate food or money to a local food bank



Partner with local organizations working to relieve child hunger



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Feeding Children Weekend Programs Snack Programs Summer Meal Programs



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Advocate



Email a message to Congress



Write a letter to your newspaper to raise the reality of hunger issues



Pledge to help end hunger



breadfortheworld
HAVE FAITH. END HUNGER.



Learn more at the 5K Child Hunger Website

