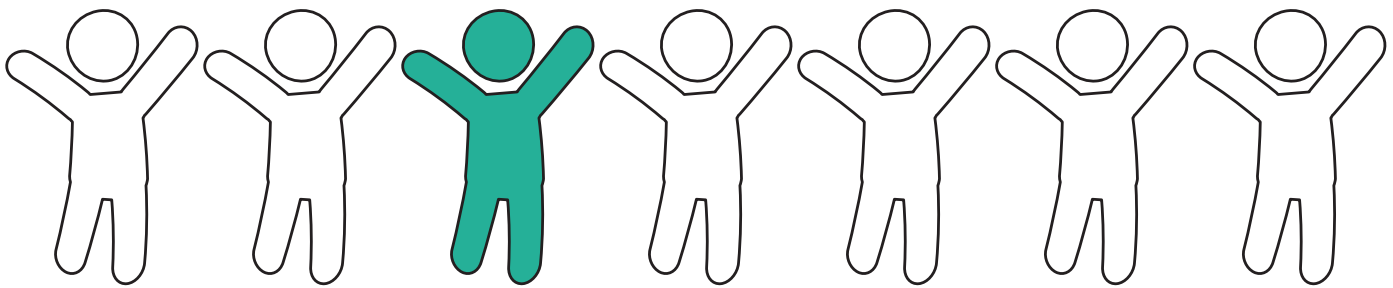




5K FOR CHILD HUNGER RELIEF

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1 in 7 children in Michigan are food insecure.

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



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**

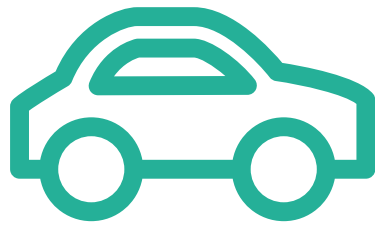




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What is Food Insecurity?



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.



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/>



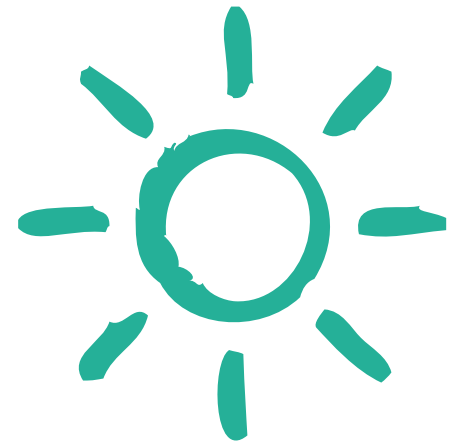
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Feeding Children Weekend Programs Snack Programs Summer Meal Programs



Learn more at the 5K Child
Hunger Website



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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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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



Learn more at the 5K Child Hunger Website



Michigan Conference
The United Methodist Church



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Advocate



Email a message to Congress



breadfortheworld
HAVE FAITH. END HUNGER.



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



Pledge to help end hunger



Learn more at the 5K Child Hunger Website

