

# End Childhood Hunger: Recommendations for Governors

## Kids Rely on Healthy Meals

Thirteen million children in America are affected by hunger. This takes a profound toll on their health, their happiness, and their ability to find success in the future.

Federal and state nutrition programs provide kids with consistent, reliable access to food. Governors can maximize these programs to end child hunger across the nation.

Governors' leadership is crucial to a successful anti-hunger campaign. With your guidance, these programs can run more effectively and efficiently, and reach more kids with the food they need to grow up strong. Governors can set policy priorities, activate resources, champion legislation, and use their office to bring together the right stakeholders to advance proven solutions.

## New York Needs Healthy Kids

Ending childhood hunger isn't just the right thing to do; it's also the smart thing to do. When kids consistently get the nutrition they need, they feel better, learn more, and grow up stronger. And that means a smarter, healthier, more productive New York.



## Action Options for Governors

### End childhood hunger in New York.

- Make hunger a priority for the state's Children's Cabinet or convene a Task Force on Childhood Hunger with state agencies and nonprofit organizations to establish a plan of action with public goals
- Give state agency heads quantitative goals for increasing program participation, posting public results on state websites
- Host annual town hall meetings focused on hunger to hear stories from families, educators and champions in your community
- Convene your education leaders to encourage serving school breakfast after the bell, after school meals and meals during the summer
- Support efforts to ensure that mothers and young children have access to WIC and child care
- Support legislation to increase participation in school breakfast and summer meals
- Bring media to visit breakfast, after school and summer meal programs
- Increase participation in the summer and afterschool meal programs by promoting PSAs and hotlines to help families find sites
- Encourage collaborative planning among summer sites, sponsors and state agencies to optimize summer meal participation
- Invest in kids by providing financial support for school meal programs in your budget
- Support efforts to ensure that families and individuals in need have access to SNAP

## Overview: Childhood Hunger in New York

Hunger affects children in New York. This hunger is felt by kids in cities, in the suburbs, and in rural areas. Food insecurity may look different in different homes. In some, the pantry may be completely bare. In others, families are making choices between paying the heating bill and buying groceries. In many, mom or dad is skipping dinner so kids can eat.

### 884,170

Kids in New York struggle with hunger.<sup>i</sup>

### 20.9%

One in every 5 kids is affected.

Federal and state nutrition programs are a critical solution. Across the nation, Governors who have prioritized these crucial programs have seen positive results, as more kids are able to get consistent, reliable access to the food they need.

### School Breakfast

#### 49.0%

The school breakfast program is only reaching **49.0% of kids** who are eating a free or reduced-price lunch in New York.<sup>ii</sup>

### Summer Meals

#### 31.2%

The summer meals program is only reaching **31.2% of kids** who are eating a free or reduced-price lunch in New York.<sup>iii</sup>

### After School Meals

#### 22.0%

The after school meals program is only reaching **22.0% of kids** who are eating a free or reduced-price lunch in New York.<sup>iv</sup>



#### Resources: Hunger Statistics

- i. Hunger: Feeding America, "[Child Food Insecurity](#)," 2016.
- ii. Breakfast: FRAC, "[School Breakfast Scorecard](#)," 2017.
- iii. Summer: FRAC, "[Hunger Doesn't Take A Vacation](#)," 2016.
- iv. After School: No Kid Hungry, "[Afterschool Meals History and Trends](#)," 2016.