Community Nutrition Programs help fight hunger and food insecurity. NUTRITION PROGRAMS

Hunger vs. Food Insecurity

Hunger: "feeling" one has when they don't have food.

Food insecurity: consistent lack of access to enough

food.

Source: USDA

Effects of Childhood Hunger Include:

- · Inability to concentrate
- · Learning difficulty
- Anxiety
- Depression
- Vitamin/mineral deficiencies

COMMUNITY NUTRITION PROGRAMS

CHILD AND ADULT CARE FOOD PROGRAM (CACFP)

Ensures children (up to age 12) and adults have access to nutritious meals and snacks in childcare centers, in-home day cares or adult daycare centers.

Contact:

IL: Illinois State Board of Education, Nutrition
 Department, 247 702, 2404

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

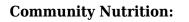
Supplemental Nutrition Assistance Program (SNAP). Provides food-purchasing benefits to help families buy healthy food.

 Approved foods: Fruits and vegetables | Meat, poultry and fish | Dairy products | Bread and cereal | Snack foods and non-alcoholic

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Community Nutrition

L Cohen



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Table of Contents Community Nutrition

- 1. Understanding the eBook Community Nutrition
 - The Rise of Digital Reading Community Nutrition
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Community Nutrition
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Community Nutrition
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Community Nutrition
 - Personalized Recommendations
 - Community Nutrition User Reviews and Ratings
 - Community Nutrition and Bestseller Lists
- 5. Accessing Community Nutrition Free and Paid eBooks
 - $\circ \ \ Community \ Nutrition \ Public \ Domain \ eBooks$
 - Community Nutrition eBook Subscription Services
 - Community Nutrition Budget-Friendly Options
- 6. Navigating Community Nutrition eBook Formats

- o ePub, PDF, MOBI, and More
- Community Nutrition Compatibility with Devices
- Community Nutrition Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Community Nutrition
 - Highlighting and Note-Taking Community Nutrition
 - Interactive Elements Community Nutrition
- 8. Staying Engaged with Community Nutrition
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Community Nutrition
- 9. Balancing eBooks and Physical Books Community Nutrition
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Community Nutrition
- 10. Overcoming Reading Challenges
 - $\circ\,$ Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Community Nutrition
 - Setting Reading Goals Community Nutrition
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Community Nutrition
 - Fact-Checking eBook Content of Community Nutrition
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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