

COMMUNITY NUTRITION PROGRAMS

Community nutrition programs help fight hunger and food insecurity.

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, 312.702.2404

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 beverages | Foods and plants that produce food

Community Nutrition

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