Project Summary

Purpose of Project

Although we live in one of the world’s wealthiest nations, one in every five children go to bed hungry, not knowing where their next meal is coming from. As an FCCLA chapter ending childhood hunger became each member’s ultimate goal! Through this project we hope to make an outstanding impact on the lives of children! Our goals are to educate the community of Elizabeth, Colorado and raise funds to support the "No Kid Hungry" organization.

Relationship to FACS

This project relates directly to Family and Consumer Science curriculum and several of the National Standards for Family and Consumer Sciences. Through many of the courses taught at Elizabeth including; Foods I, Foods II, and Catering the importance of nutrition and healthy life styles are taught. Through Personal Finance and Personal Living, the topics of budgeting and balanced households are emphasized. Finally, the Child Development curriculum relates to
the "No Kid Hungry" campaign in teaching young adults how to care for not only a child but themselves and learn healthy habits.

Relevant Research hunger.

The research behind "No Kid Hungry" is astounding. It is unimaginable that children in this thriving nation suffer from hunger when resources are not limited, but rather the connection between families and these resources. For more information view <http://nokidhungry2.org/wp-content/uploads/2012/09/Childhood-Hunger-Infographic-final.pdf>

We asked the following questions about childhood hunger as we began our “No Kid Hungry” project

* What is food insecurity and who does it affect?

16.2 million Children lack the means to get enough nutritious food on a regular basis. They live in food insecure households (The limited or uncertain availability of nutritionally adequate and safe food)

* Taking a closer look, how is Colorado effected by childhood hunger?

Colorado ranks 27th for childhood food insecurity with 271,660 children at risk of hunger

* How many kids are eligible for free or reduced-price school breakfast and do not get it?

10.6 million Kids

* How many kids get a free or reduced-price school lunch on an average school day?

19 million Kids

* How many kids who are eligible receive free summer meals

One out of every six kids

* How are children affected by hunger’s health impacted?

Children who struggle with hunger are sick more often, recover more slowly, and are more likely to be hospitalized. Children who face hunger are more susceptible to obesity and its harmful health consequences as children and as adults

* How are children affected by hunger’s cognition and academics impacted?

Undernourished children 0-3 years of age cannot learn as much, as fast or as well. Lack of enough nutritious food impairs a child’s ability to concentrate and perform well in school

* How are children affected by hunger’s emotional and social well-being impacted?

Children who regularly do not get enough nutritious food to eat have significantly higher levels of behavioral emotional and academic problems and are more aggressive and anxious

Background Information

After contacting Susan Stevens Food Service Director of the Elizabeth School District we learned that breakfasts are served daily for $1.75 Per Breakfast (Includes milk) No Charge for Students Who Qualify for the Free and Reduced Lunch Program. In the Elizabeth School District 21.5% of students qualify for reduced school breakfasts and lunches.

Goal of Project

After researching and understanding the full affect that No Kid Hungry has on the children all around us our goals have become evident supported by the dedication and persistence of Elizabeth High School FCCLA members

Goal 1: Raise $1000.00 to donate to the No Kid Hungry Organization

Goal 2: Collect 500+ canned food items to donate to our local Food Bank

Goal 3: Educate the students, staff, and community members of Elizabeth on childhood hunger

Goal 4: Successfully execute the Elizabeth FCCLA “No Kid Hungry” project