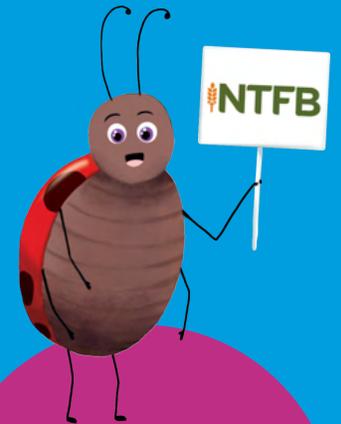
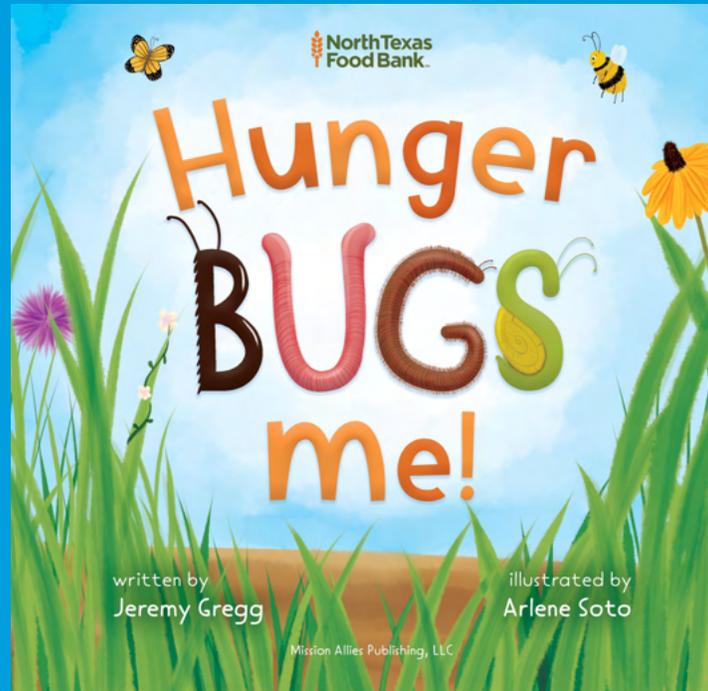


# Hunger Bugs Me!

## Additional resources for kids



**HELP NTFB  
FIGHT  
HUNGER!**

*Hunger Bugs Me!* Readers,

Can you imagine if a child had to miss their daily snack, or even worse their meals? How would they feel, how would going without make them act? *These disruptions make it harder to concentrate while at school.*

About **1 in 5 children** in North Texas do not have enough meals to eat- that's about 300,000 kids. These kids might live in your neighborhood or go to your local school.

Despite being a big problem in our region, and across the country, the issue of hunger is often overlooked.

If you or someone you know are experiencing hunger, we want to ensure that you do not hesitate to seek help. Visit [ntfb.org/foodassistance](https://ntfb.org/foodassistance) to find other resources. Food banks and food pantries have hundreds of locations nationwide and provide billions of meals every year via the Feeding America Network!

We hope *Hunger Bugs Me!* provided you with an easy way to start the conversation- especially with young kids. The following pages will serve as additional resources to help talk to children about this important topic.



## READ AND REFLECT

**Hunger Bugs Me! Reminds us that everyone can make a difference and that children can explore the topics of empathy and compassion. Read this passage together and discuss the questions that follow.**

“We live with our mom. She works really hard to make sure that my sister and I are safe and that we have enough to eat. Sometimes when we are eating, we notice that mom won’t eat until after my sister and I are finished. I get free lunch and breakfast at school, and we also get Food 4 Kids Backpacks from the North Texas Food Bank each weekend. Those snacks make us happy and help us get food on the weekend.”

### QUESTIONS:

**1. What is the connection between the mom’s job and food on the family’s table?**

**Answer:** Food costs money, and the mom receives money by working. When there is not enough money available, it is hard for the mom to buy food.

Talk about other things that cost money—for example: clothes, toys, entertainment and school supplies. Some of these things are necessities, and some aren’t. Food is perhaps the biggest necessity of all. When a family can’t afford food, it causes many problems.



**2. Why does the mom wait to eat only after the kids have eaten?**

**Answer:** Because when there’s not enough food to go around, the mom cares more about her kids’ full bellies than her own.

**3. What do you think might happen if the kids couldn’t take advantage of the free lunch program or the Food For Kids Program?**

**Answer:** They would be sad because they may experience hunger more often, and it doesn’t feel good to be hungry.

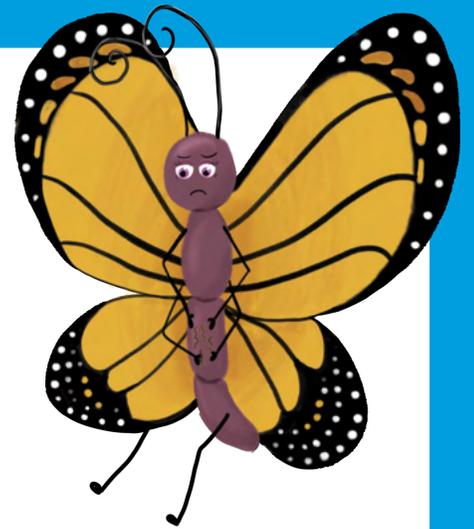


## PICTURING HUNGER

Sometimes it can be difficult to talk about a big issue like hunger. It is important to help guide the conversation. Pose the following questions to kids:

- What does it feel like to be hungry?
- What would you do if you couldn't eat for a whole day?
- What things might be harder to do while hungry?

In the space below, work together to draw or write the story of someone who is facing hunger. If more direction is needed, ask a question, such as: What if you came home from school and there wasn't any food for a snack or dinner? What would you think and feel?



### WHAT DO YOU THINK IT FEELS LIKE TO BE HUNGRY?

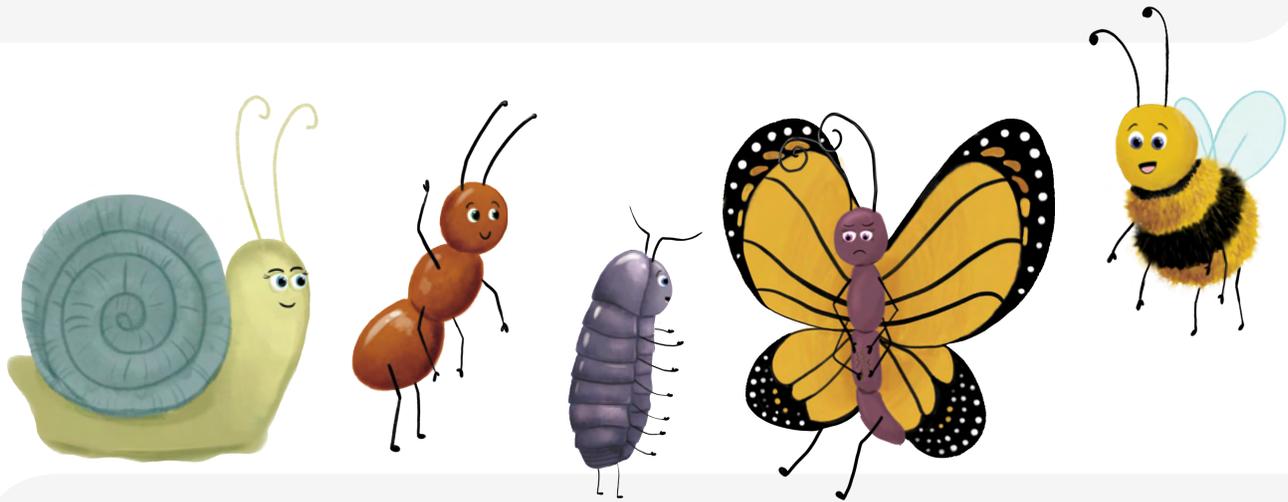
A large, empty rectangular box with a thin green border, intended for drawing or writing a story.

# DOES HUNGER BUG YOU?

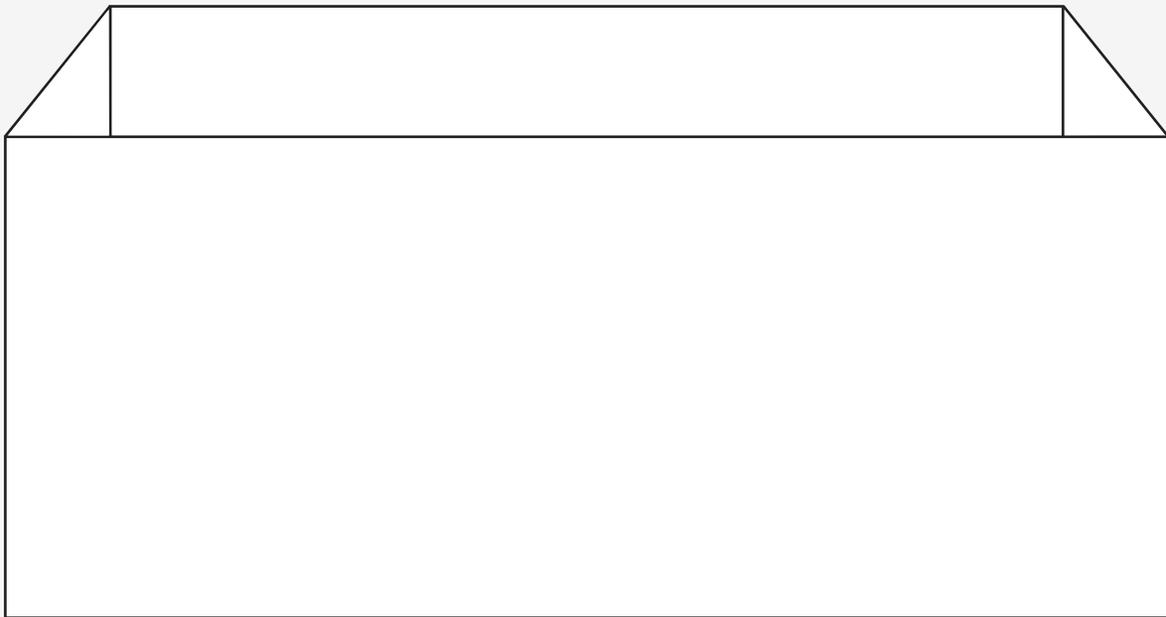
The insects from *Hunger Bugs Me!* were eager to help their friend Butterfly after they heard her tummy growl from hunger. Similarly, the North Texas Food Bank works to help our neighbors by collecting food donations and providing these to local partners. People just like you help us stock our shelves. Did you know that dried and canned goods such as peanut butter, soup and beans are some of the best foods to donate?

What other items do you think would be good to contribute?

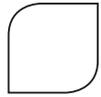
In the space below, draw a food item that you would donate to the North Texas Food Bank.



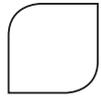
**DONATION BOX**



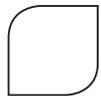
# FAMILY ACTION CHECKLIST TO HELP END HUNGER



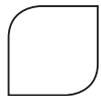
**Create** a donation jar and start contributing money.



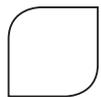
**Buy** extra food items to donate to the North Texas Food Bank or your local food pantry



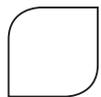
**Contact** your food pantry to ask how you can help.



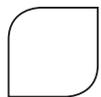
**Invite** a friend to volunteer with you at the North Texas Food Bank or your local food pantry



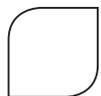
**Host** a birthday party or other event at the North Texas Food Bank



**Read** a book or a news article that deals with hunger or other issues.



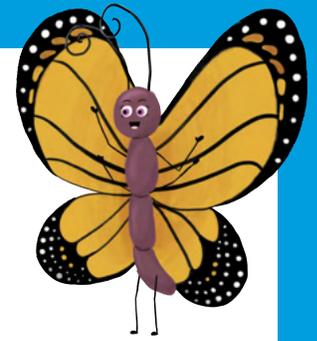
**Organize** a community food drive or a local fundraiser.



**Your own idea:** \_\_\_\_\_

**Visit [ntfb.org](http://ntfb.org) to learn more about hunger and how you can help.**





The North Texas Food Bank (NTFB) is a top-ranked nonprofit hunger-relief organization operating a state-of-the-art volunteer and distribution center in Plano, the Perot Family Campus. Last year, the Food Bank worked hard in partnership with member agencies from our Feeding Network to provide access to more than 130 million nutritious meals across a diverse 13-county service area. The need for hunger relief is complex and in order to meet the continued need, the NTFB is always working to increase our food distribution efforts and bridge the hunger gap for children, seniors, and families in our region.

NTFB is a member of Feeding America, a national hunger-relief organization.

## North Texas Food Bank's Mission:

To close the hunger gap in North Texas by providing access to nutritious food.

### HOW NORTH TEXAS FOOD BANK PROVIDES ACCESS TO MEALS



**DONATIONS ARE MADE:** North Texas Food Bank secures donations from national and local retailers, food companies, government agencies and individuals like you!



**FOOD IS DISTRIBUTED:** The North Texas Food Bank provides food to a Feeding Network made up of more than 200 member agencies



**FOOD REACHES PEOPLE IN NEED:** Local pantries provide food and grocery items to people in need across 13 diverse counties in North Texas.

### Our Impact

The North Texas Food Bank and our Feeding Network of Partner Agencies provide access to more than **130 million meals** to children, families and seniors each year.

**Every dollar** donated to NTFB can provide **access to 3 meals** to families in need. In fact, 95 percent of our resources go directly towards our mission.

To learn more, visit [ntfb.org](http://ntfb.org) or follow us on social media

 @northtexasfoodbank

 @ntfb

 @northtexasfoodbank