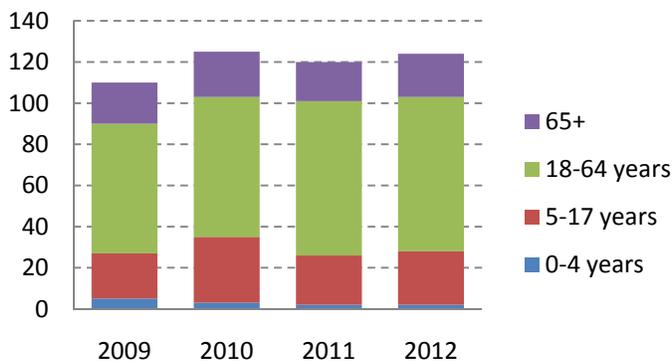


**Hunger is the number one risk to health around the globe.**

## What is Hunger?

On average, a person needs about 2,100 calories to lead a healthy life. If a person's caloric intake goes significantly lower than that, the body slowly starts to shut down and this can cause a slowing down of physical and mental activities. This can also cause doing poorly in school or work and gradually losing the desire to play and have fun. When a person does not consume food over a long period of time, it is called acute hunger or starvation.

**Town of Southborough, MA Hungry People**



Data Source: Southborough, MA Food Pantry

## How can we help?

- Understand what causes hunger by learning about hunger in the world.
- Take part in activities that help people that are hungry, like donating money to a fundraiser, or taking part in a walk in an effort to help hungry people.
- Participate in food drives.
- Donate food to a food pantry.

**Tip for kids: You can help *save the environment and fight hunger* by recycling plastic and glass bottles in your local grocery store and use the money to donate to your local food pantry.**

## Where is hunger?

Hunger is everywhere, even in the United States of America. In my town where the median income is \$138,044, **Barbara Jandrue, Southborough food pantry coordinator** reports that over 100 people rely on the pantry for food. She also says that food pantries are a great asset to the town. When growing up she did not have food pantries as a resource.

## Hunger Facts

- There are about one billion chronically hungry people in the world.
- Nearly two-thirds of the world's hungry people are from Asia and the Pacific regions.
- Every day one out of seven kids goes to bed hungry.
- Every year approximately 15 million children die of hunger.
- Approximately every 4 seconds someone dies of hunger.