



End 68 Hours of Hunger

A not-for-profit effort to confront the approximately 68 hours of hunger that some school children experience between the free lunch they receive at school on Friday afternoon and the free breakfast they receive at school on Monday morning.

Agenda

Topics Covered

Food Insecurity in America

How Hunger Affects Children

Societal Effects

History of E68

Current State of E68



Child Hunger Food Insecurity in America

"FOOD INSECURITY is the limited or uncertain availability of nutritionally adequate & safe foods, or limited or uncertain ability to acquire acceptable foods in a socially acceptable way" –
USDA

FOOD SECURITY for a household means access by all members at all times to enough food for an active, healthy life. Food security includes at a minimum:

- The ready availability of nutritionally adequate and safe foods.
- Assured ability to acquire acceptable foods in socially acceptable ways (that is, without resorting to emergency food supplies, scavenging, stealing, or other coping strategies).

STATISTICS ON CHILD HUNGER in 2022



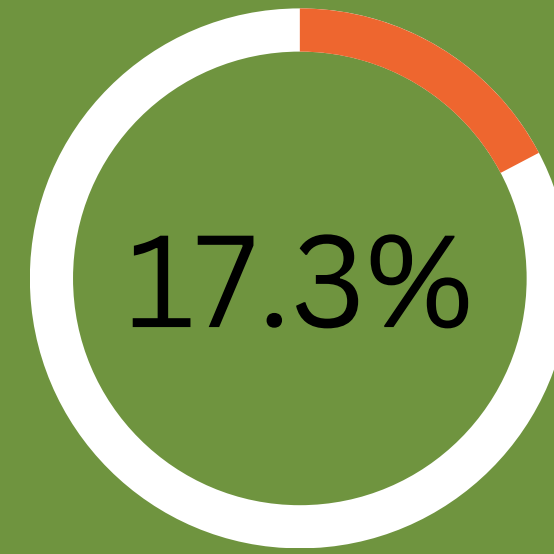
1 in 5 children face hunger



**13 million children
are food insecure**

10.7 million in 2019

9.3 million in 2021



**Household food insecurity affected
17.3 percent of households with
children in 2022.**

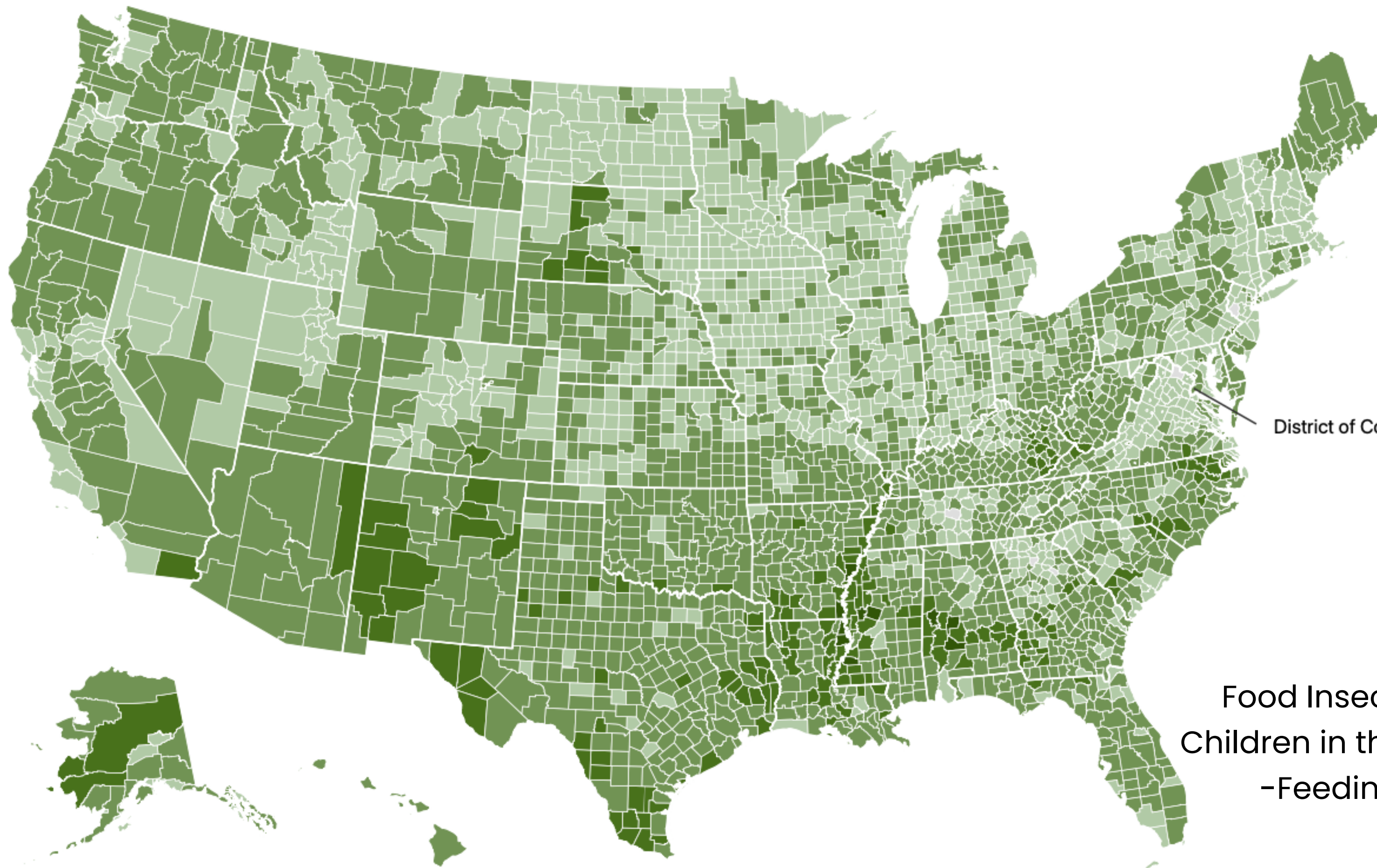
**Both children and adults were food
insecure in 8.8 percent of
households with children**

Rural America

**87% of counties
with the highest
food insecurity
rates are rural.**

**63% of all US
counties are
Rural.**

Statistics from USDA



District of Columbia

Food Insecurity among
Children in the United States
-Feeding America

Food Insecurity Rates ⓘ

No Data

0-11.8%

11.9-23.6%

23.7-35.4%

35.5-47.2%

47.3-59.0%

HANGRY

Merriam-Webster Definition:
irritable or angry because of hunger

"We found evidence that a change in glucose level can have a lasting effect on mood, Hypoglycemia is a strong physiological and psychological stressor."³

-University study on the link between hunger & mood

“Children need nutrients so that they can grow, develop, and focus on learning instead of thinking about the food they need. Ultimately, they need to be able to concentrate in the classroom, so they can succeed and reach their full potential.”

-Feeding America



Initial Symptoms

- Irritability
- Distress
- Nausea
- Anger
- Low Energy
- Tantrums
- Agitation
- Fatigue
- Weakness
- Impulsivity
- Headaches
- Hyperactivity
- Anxiety
- Abdominal Pain



Effects on Learning

- Excessive Absences
- Repetition of a Grade
- Lower scores on standardized tests
- Failure to complete homework
- Struggle to concentrate causing them to fall behind academically
- Problems processing and retaining information
- Lower math & reading scores
- Developmental Delays
- "Nutrient deficiencies, such as iron deficiency, are known to impair learning and cause decreased productivity in school-age children"²

Long-Term Effects

Physical Health

- Chronic Illness
- Obesity
- Higher risk of Developmental problems
- Diminished Immunity
- Poor dental health
- Cardiovascular disease, obstructive pulmonary disease, cancers, asthma, autoimmune disease²

Mental Health

- Difficulty forming friendships
- Mood Disorders
- Anxiety
- Eating Disorders
- Limits socio-emotional development
- Higher risk of depression and suicidal ideation in adolescents, and chronic conditions²
- PTSD
- Substance Abuse Disorders

How Hunger Affects Society

The COST on Society.

- Treating health conditions
- It costs as much as 10 times more to educate students with specialized needs¹⁰
- Possible future incarceration (\$45,771 average annual cost in US)

Low achievement in reading has important long-term consequences in terms of individual earning potential, global competitiveness, and general productivity.

By acting now, we can provide every child in America with the basic necessities to begin life well, and every American taxpayer with the hope of a brighter socioeconomic future for our country

Reading, Writing & Hungry.

Research and experience tell us that a quality education has the power to transform lives. According to a 2007 report from the College Board, the level of education a person acquires influences almost every facet of a person's life, including their happiness and civic engagement. Americans with bachelor's degrees benefit compared to high school graduates who never attend college in multiple ways:

- Annual earnings are about 62 percent higher
 - The incidence of poverty is 3 times lower
- The probability of being employed is almost 2 times higher
- The probability of being in prison or jail is 4.9 times lower⁹

End 68 Hours Of Hunger



Mission

Our mission is to confront the approximately 68 hours of hunger that some school children experience between the free lunch they receive in school on Friday and the free breakfast they receive in school on Monday by putting bags of food in the hands of these children so that they have food to eat through the weekend.

How it Started Oct 2011

The program began when our Founder, Claire Bloom heard that there were children in her community who were going hungry on the weekend.

Claire began providing bags for kids and created End 68 Hours of Hunger. They donated 19 bags to 3 elementary schools in Dover.

How it Works

We are run by Volunteer Program Coordinators who start & run their own program.

Each program fundraises/receives donations of both food & money to buy food. They pack bags for the kids and disburse them for weekend consumption.

Current State of E68

How Many Kids?

Approximately
4,600 kids are
currently being
fed each week

E68 is linked to
over 280 schools

How much money goes towards food?

100% of donations go to
support ending food
insecurity in your
community.

95% goes directly to
purchasing food. 5%
goes to administrative
costs

How many programs & Volunteers?

We have 46
programs in 8
different states.

We run on
volunteers and are
honored to have
over 1,000!



Results provide strong evidence that the introduction of BackPack food programs resulted in increased end-of-grade reading test scores for economically disadvantaged primary school students. The impacts on both reading and math appear strongest for the youngest and lowest-performing students.

–UNH Study 2021

Current State of E68

We provide 32,000 meals every weekend.

This weighs about as much as or a Fire Truck!



Each bag has 7 meals which equals 1,153,656 meals for the school year.

Each bag of food is valued at about \$20-\$25. With the help of food donations & bulk purchasing, we spend about \$5-\$10 on each bag.

Stats from March 2024

Students who eat school breakfast have been shown to achieve 17.5% higher scores on standardized math tests and attend 1.5 more days of school per year.

–No Kid Hungry

Reading proficiently by the end of third grade can be a make-or-break benchmark in a child's educational development. A student who can read on grade level by 3rd grade is four times as likely to graduate by age 19 than a child who doesn't read proficiently by that time.⁸

Benefits of Food Security

Better Attendance

Improved Behavior

Improved Concentration

Decreased Tardiness

Increased Reading Scores by 40%

Increased Math Scores by 30%

Improved Mental & Physical Health

Fewer Disciplinary Referrals

Reductions of Obesity



"So perhaps for you, the smallest little thing may be the turning point around which the rest of your life begins, or perhaps just the next part of the story.

We never know! We put one foot in front of the other, and then, suddenly, there we are, in the middle of something extraordinary."

-Claire Bloom, Founder

End 68 Hours of Hunger: Ending Childhood Hunger in America, One School at a Time



COMPASSION

COMMUNITY

CHILD HUNGER

DONORS

GROW

FUNDRAISING

CONNECT

SERVICE

IMPACT

HELPING

VOLUNTEERS

DEDICATION

PROGRAMS

END 68 HOURS OF HUNGER

GRANTS

HELP

FOOD INSECURITY

SERVICE

SERVE

MISSION

MAKE A DIFFERENCE

HOPE

CHILDREN

THANK YOU

FOUNDED IN NEW HAMPSHIRE

Citation Page

1: School Nutrition

2: National Library of Medicine

3: Science Daily

4. Taylor and Francis

5. Wilder.org

6. Food Research & Action Center

7. American Action Forum

8. Council on Children's & Families

9. Lorain Schools

10. Ed week.org

11. Health.Gove Food Insecurity

12. USDA

13. Feeding America

14. No Kid Hungry

15. Children's Health Watch

16. UNH.Edu