

Hungry???



Hunger

An experienced when one has a desire to eat. Satiety is the absence of hunger. The often unpleasant feeling of hunger originates from the hypothalamus releasing hormones that target receptors in the liver. Although an average nourished individual can survive weeks without food intake, the sensation of hunger typically begins after a couple of hours without eating and is generally considered quite uncomfortable.

Hunger

The sensation of hunger can often be alleviated and even mitigated entirely with the consumption of food. Hunger is also the most commonly used term to describe the social condition of people who frequently experience, or live with the threat of experiencing, the physical sensation of hunger.

Food Pantries

A shelter or other place where food is dispensed to those in need, either as groceries or as meals.



Soup Kitchens

A place where food is offered free or at very low cost.



Did You Know???

Each year, 3 million under-five children die because they are undernourished. Far more children live with under nutrition than die from it. For infants and young children, the effects of chronic malnutrition in the early years of life are largely irreversible.



Did You Know???

In the United States 11.7 million children live in households where people have to skip meals to make ends meet. That means one in ten households in the U.S. are living with hunger or are at risk of hunger.



Hunger Facts

One out of every eight children under the age of twelve in the U.S. goes to bed hungry every night

For the price of one missile, a school full of hungry children could eat lunch every day for 5 years

In the U.S. hunger and race are related. In 1991 46% of African-American children were chronically hungry, and 40% of Latino children were chronically hungry compared to 16% of white children

It is estimated that some 800 million people in the world suffer from hunger and malnutrition, about 100 times as many as those who actually die from it each year

Every year 15 million children die of hunger

In essence, hunger is the most extreme form of poverty, where individuals or families cannot afford to meet their most basic need for food

We CAN END Hunger.

The financial costs to end hunger are relatively slight. The United Nations Development Program estimates that the basic health and nutrition needs of the world's poorest people could be met for an additional \$13 billion a year. Animal lovers in the United States spend more than that on pet food each year.



Help Your Community by **Volunteering**

Amherst Survival Center

A local resource that provides food, health, clothing and community through volunteer efforts. You can cook or serve food at the

Soup Kitchen

200 N Pleasant St

Amherst, MA 01002-1459

(413) 549-3968

Help Your Community by Donating Food

First Baptist Church Food Pantry

Over the years the Food Pantry has helped many people enjoy healthy meals and provide for their children. Accepts canned or dry goods

439 N. Pleasant St. Amherst, MA 01003

(413) 549-3596



Find Out More Information:

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This bulletin board and more can be found at:

www.umass.edu/mycenter