



Interfaith Food Pantry

Serving Morris County

Hunger Quiz

Answer the following questions, TRUE or FALSE

- T** **F** 1. One in six Americans do not have dependable consistent access to enough food
True- not having access to enough food to sustain a healthy life is a reality for 1 in 6 Americans, including children and seniors
- T** **F** 2. One needs to be starving or malnourished to be considered “hungry”
False- children who don’t eat enough nutritious meals – even for a short time – can experience physical, emotional, and cognitive developmental problems
- T** **F** 3. Most individuals struggling with hunger are homeless and out of work
False- hunger is not an issue just for the people who struggle with poverty and homelessness. None of Interfaith Food Pantry clients are homeless and 48% of the clients households have at least one working adult.
- T** **F** 4. Most people in low income households would be fine if they just worked harder
False- 48% of IFP households have at least one wage earner. Some of our clients work more than 1 job and in many households both adults work full time
- T** **F** 5. Even college-educated people struggle with issues of hunger in this country
True- 17% of the adults who are food insecure have attended college or a technical school. Education is important but its not enough
- T** **F** 6. Very few children struggle with hunger because there are programs to take care of them.
False- more than 17 million children in the U.S. live in food insecure households. School breakfast and lunch programs help but don’t solve the whole problem

- T** **F** 7. Households with children experience food insecurity at almost double the rate of households without children
True
- T** **F** 8. 17,700,000 children in the U.S. are affected by hunger at some point over the year
True
- T** **F** 9. The lack of adequate nutrition only affect children's physical growth
False- the lack of adequate nutrition affects the cognitive and behavioral development of children, as well
- T** **F** 10. In school, children from food insecure households perform just as well as children who have enough nutrition daily.
False- children from food insecure, low-income households are more likely to experience irritability, fatigue, and difficulty concentrating compared to other children. This can affect school performance.