



STATES	TOTAL FREE & REDUCED #'s 2014
Colorado	243,169
Idaho	105,107
Kansas	203,397
Montana	49,099
Nebraska	124,759
New Mexico	171,028
Oklahoma	315,973
South Dakota	51,149
Texas	2,538,144
Utah	173,940
Wyoming	27,037
<b>TOTALS/AVERAGE</b>	<b>4,002,802</b>

<b>Estimated # of children needing food on the weekend in 2014 = 50% Free/Reduced #'s</b>	<b>2,001,401</b>
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## How can **you** tell a Child/Student is **hungry** ?

Does the child or student display any of the following on a regular basis?

- Extreme hunger on Monday morning
- Quickly eating all of the food served and asking for more
- Asking when the next meal/snack will be served
- Regularly asking their teacher for food
- Saving/hoarding/stealing food to take home or asking students for food they don't want
- Comments about not having enough food at home

**Other factors that may be present to help identify a chronically hungry child/student include:**

**Physical Appearance:** overweight or underweight and malnourished: \_\_\_ complains of headaches: \_\_\_  
 puffy/swollen skin: \_\_\_ chronically dry/itchy eyes: \_\_\_ spoon-shaped fingernails: \_\_\_  
 dry cracked lips: \_\_\_ decaying teeth \_\_\_ bloated stomach \_\_\_

**School Performance:** frequent absences and/or tardiness: \_\_\_ anxious, lack of concentration: \_\_\_  
 low energy, sleeps in class: \_\_\_ chronic sickness: \_\_\_ slow memory recall: \_\_\_  
 behavioral problems (hyperactive, irritable, withdrawn, aggressive, etc.): \_\_\_ poor grades: \_\_\_

**Home Environment:** family crisis: \_\_\_ loss of household income: \_\_\_ moves frequently: \_\_\_  
 homeless: \_\_\_ single parent: \_\_\_ child often prepares own meals: \_\_\_

**Other information regarding the child's home situation that requires the need for food:**

Please explain: \_\_\_\_\_

For more information on resources in your state, go to: <http://frac.org/state-anti-hunger-organizations>