



## HUNGRY AND OVERWEIGHT: HOW IS IT POSSIBLE?

Chelsea Rick, Miss Amory Railroad Festival, addresses problems and solutions stated by the Academy of Nutrition and Dietetics through her platform, **FULL PLATES, HEALTHY STATES.**

### HOW CAN HUNGRY CHILDREN BE OVERWEIGHT:

In a limited resource family the least expensive foods are low in nutrients and high in calories, leading to increased weight or obesity.

### DISTRUPTED MEAL PATTERNS:

Periods of plentiful food or lack of food in family pantries lead to overeating, minimal diets or skipped meals. Wide swings in calorie intake affect metabolism and promote fat storage.

### FAMILY STRESS:

High levels of stress due to insecure housing, food, employment, health care, finances and unsafe neighborhoods lead to anxiety and depression. Unhealthy eating habits follow and promote metabolic changes and weight gain.

### HOW DOES FOOD INSECURITY AFFECT CHILDREN:

1. Health and developmental issues such as poor academic performance and behavioral problems. 2. Food insecurity leads to iron deficiency, asthma, stomachaches, headaches, colds, and fatigue. 3. Weight gain can lead to high blood pressure & diabetes.

### HOW CAN I HELP REDUCE FOOD INSECURITY IN MY COMMUNITY?

**School meals:** Apply for free or reduced school meals.

[www.applyforlunch.com](http://www.applyforlunch.com)

**Farm to school programs:** [www.fns.usda.gov/cnd/f2s/f2\\_grant\\_program.htm](http://www.fns.usda.gov/cnd/f2s/f2_grant_program.htm)

**School/Community Gardens:** [www.healthymeals.nal.usda.gov/resource-library/school-gardens](http://www.healthymeals.nal.usda.gov/resource-library/school-gardens)



Chelsea Rick has been actively involved with the Amory Food Pantry and in partnership with Amory School District enabling her to implement her platform,

***FULL PLATES, HEALTHY STATES,***

**FAST FACTS**