



# Food Security & Children, Families & Communities

*Some families worry if there is enough food for dinner or the next day. Parents worry about having enough food for their children to grow up strong and healthy. Parents may be anxious that their children will be taken away from them if they cannot feed them enough good food. Poor nutrition in childhood has effects that can last a lifetime.*

## **Food Insecurity can —**

Harm our communities and lead to community breakdown

Lead to feel that our community is not a safe, healthy or comfortable place to live

## **In a healthy community, people can —**

Earn a living and get the food they need

Feel connected each other and like they part of the community