

## **Child Poverty in the USA**

Posted By DC Aries Disabled On October 8, 2013 @ 1:59 am In Political and Economic Theory |

According to 2010 Census information, the poverty rate of Americans was over 15 percent, which is approximately 46 million people. Nearly a third of people living in poverty are children .

Food security is a phrase used to describe whether a family has enough food to meet nutritional needs. Some estimates say that the number of Americans who are not food secure is over 30 million. Other estimates are higher. About 25 percent of children have some degree of food insecurity. The impact of starvation goes beyond malnourishment. It also causes mental and psychological hurdles. Hunger can lead to depression and anxiety. Children may struggle in school and fall behind.

Unfortunately, many of these children are also homeless. It's impossible to tell exactly how many Americans are homeless, but estimates have been made up to 3 million. According to the National Coalition on Family Homelessness, homeless children experience many of the same difficulties as malnourished children. They are sick more often and more likely to have behavior difficulties. Many are in violent and dangerous family situations. The causes of homelessness vary, but domestic abuse, unemployment, disabilities, addictions, and the inability to afford housing all contribute. Homeless shelters are often forced to turn families away because there is not enough room for all the people who need shelter.

### **How to Help**

There are people who care about changing the lives of children who are affected by poverty. Feed the Children is one organization that helps children living in poverty. This organization, located in Oklahoma, is an international organization that helps ensure that families have enough to eat, but they do much more than that. They assist Americans living in poverty by providing clothes, books, and even school supplies to children. Boxes are sent to churches, shelters, and other locations to be provided to those in need.

There are many ways to get involved with the organization. You can donate money, sponsor a child, or start your own fundraiser. Companies, individuals, schools, families, and churches can all come together to get involved and make a difference.

Feeding America is the top hunger-relief organization in the United States and serves millions of Americans. Feeding America provides people with food and also supports adults who are trying to create better lives for their children. The organization has several different programs that reach out to families all over the country. Feeding America has

programs that deliver food boxes, provide food stamps, and summer meals to children. Individuals can also help through donations, volunteer work, and advocacy.

The Hunger Site is a place where individuals can shop, with proceeds going to individuals and families affected by hunger. There are a variety of unique items on the website including clothing, jewelry, and housewares. You can also make donations. For a donation of just \$25, you can feed a family for two weeks. There are many issues that this organization works to improve including literacy, healthcare, and hunger.

UNICEF is one of the most well-known and respected charities that helps provide necessities to children all over the world. The Children's Defense Fund is another organization that aids children living in poverty. Share Our Strength No Kid Hungry provides children with school breakfasts, meals during the summer, and organizes bake sale fundraisers. The Coalition on Human Needs is an organization that advocates for many different issues concerning poverty, such as job security, food stamps, homelessness, and healthcare.

Poverty is a major issue in locations all over the world, including the United States. To make a positive difference, search for ways to help in your community, such as volunteering at a food kitchen, donating to local or national charities, or holding fundraisers. September is National Hunger Action month, and during the week of September 18-24, you can help by visiting specific restaurants that support Share Our Strength's Dine Out For No Kids Hungry. You can also check out some of the other organization websites to find more ways to help.

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