

Champions for Kids SIMPLE Service Project

# Fuel Their Passion!



## Abbott Nutrition Pack A Snack



Champions for Kids  
Collectors Series  
4 of 12 • 2011-2012

## Did You Know?

- More than 16 million children under the age of eighteen in the United States are food insecure—unable to consistently access adequate amounts of nutritious food necessary for a healthy life. Even more heartbreaking is the fact that more than three million children under the age of five are food insecure.
- The developing immune systems of young children ages 0 – 5 make them especially vulnerable to nutritional deprivation and as a result, the ability to learn, grow, and fight infections is adversely affected.
- While having enough food is important, the nutritional quality of that food is equally important. Approximately 17% (or 12.5 million) of children and adolescents ages 2 – 19 are obese, and 1 of 7 low-income, preschool-aged children is obese.

(Sources: Feeding America; Center For Disease Control)

## Ways YOU Can Help!

**LEARN** about the hunger needs of children in your community by inviting a teacher, social worker, food pantry employee, or homeless shelter volunteer to talk with your family, friends, and co-workers.

**GATHER** your family, friends, and co-workers and ask them to bring nutritious foods like PediaSure®, PediaSure SideKicks®, and ZonePerfect® bars to help children in need.

**GIVE** the nutritious food to a school, church, food pantry, or non-profit organization in your community. These organizations need snacks and meals for children who do not get enough nutritious food on a daily basis. This food doesn't just help children have enough to eat – it helps them have happier and healthier futures.

Send us your Report and Photos at [www.championsforkids.org/simple](http://www.championsforkids.org/simple) so that we can celebrate your participation! How many people participated in the Abbott Nutrition Pack A Snack project and became Champions for Kids? We want to know that you were part our vision of mobilizing 20 Million people by 2020 to become Champions for Kids!



**I AM  
ONE OF  
MILLIONS**  
CHAMPIONS FOR KIDS