

# Related Resources

## Hunger



### Top Resources

1

#### **Hunger Free America: NYC Borough Food Guides**

Download NYC food guides by borough. These maps show where you can find food resources in or near your neighborhood.

<https://www.hungerfreeamerica.org/neighborhood-guides-food-assistance>

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#### **NYC Food Bank: Find Your Nearest Food Bank**

Search local food resources in your neighborhood, including food banks and places to enroll in SNAP benefits.

<https://www.foodbanknyc.org/get-help/>

2

#### **NYC Schools: Apply for Breakfast in the Classroom**

NYC offers free breakfast for students in elementary schools. Click here to learn about the benefits breakfast has on learning and menu options available for schools.

<https://www.schools.nyc.gov/school-life/food/free-meals-for-all>

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#### **Aunt Bertha: Find Services in Your Community**

Search for free or reduced cost services in your neighborhood. Locate health, food, and education services on Aunt Bertha.

<https://www.auntbertha.com/>

3

#### **Hunger in Our Schools: What Would you do? Quiz**

Quiz to understand impact of hunger on quality of life for parents and children

<https://www.nokidhungry.org/sites/default/files/HIOS.pdf>

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#### **We are Teachers: Teacher's Guide to Closing the Hunger Gap**

These resources will give educators the tools they need to fight hunger in their schools and communities without dipping into their own pockets.

<https://www.weareteachers.com/collection/teachers-guide-understanding-childhood-hunger/>

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### Additional Resources

NYC Schools: Healthy Food Options in Your School

<https://www.schools.nyc.gov/school-life/food/free-meals-for-all>

NYC Schools: Summer Food Service Program

<https://www.schools.nyc.gov/school-life/food/free-meals-for-all#summer>

NY State: Women, Infant, and Children (WIC) Programs

<https://www.health.ny.gov/prevention/nutrition/wic/>

Buying Good Food on a Tight Budget

<https://www.ewg.org/goodfood/index.php>

USDA: Building a Healthy Eating Style

<https://www.choosemyplate.gov/eathealthy/start-simple-myplate>

KidsHealth: What is Hunger?

[https://kidshealth.org/en/parents/?search=y&q=hunger&datasource=kidshealth&section=parents\\_tens\\_kids&lang=english&start=0&rows=10#cathealthy-eating](https://kidshealth.org/en/parents/?search=y&q=hunger&datasource=kidshealth&section=parents_tens_kids&lang=english&start=0&rows=10#cathealthy-eating)

healthychildren.org: Nutrition Choices for Kids

<https://www.healthychildren.org/english/healthy-living/nutrition/pages/default.aspx>

Sesame Street: Healthy Eating Resources

<https://sesamestreetincommunities.org/topics/eating/>

Wellness in the Schools: Resources for Homes and Schools

<http://www.wellnessintheschools.org/>

Feeding America: Food Insecurity in The United States Map

<https://map.feedingamerica.org/>

Alliance for a Healthier Generation: About the School Health Index Assessment

<https://www.healthiergeneration.org/>

Alliance for a Healthier Generation: Health Promotion for Staff

<https://www.healthiergeneration.org/take-action/schools/wellness-topics/employee-wellness>