

# Springtime Science

This series is hosted by University of Illinois Extension and the Interdisciplinary Health Sciences Institute.

## Hungry for Change

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### Quick Tips:

- Food insecure adults spent \$1,834 more on health care every year than food secure adults
- African/Black, Hispanic and Native Americans are disproportionately affected by food insecurity



- Food insecurity in homes with children has doubled since the beginning of the COVID-19 pandemic



# How can I help?

Resources for Illinois Residents and  
beyond

## Do Good

SNAP accepts donations of fruits, vegetables, meat, poultry, fish, dairy, breads, cereals, snack foods, seeds, plants, and non-alcoholic beverages

## Be Active

Volunteer at or donate to a local or national food bank or food pantry or organize your own food drive. Some great options include the Central Illinois Food Bank, Feeding America, Meals on Wheels.

## Enact Change

Reach out to your congressperson to let them know about hunger in your community.



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Extension provides equal opportunities in  
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## Next Week:

Free-Radical Fighters:  
Understanding the  
Importance of Antioxidants  
Breanna Metras, BS



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