

Child Hunger and Malnutrition

How can we ensure
children's access to
food
365 days a year?



Nearly one in five
UK children under the age of 15 suffers
from food insecurity

- meaning that their family lacks secure access to sufficient, safe and nutritious food**

Over two thousand children in low income families in Exeter

**Exeter
Foodbank**

**33% increase
in food
parcels for
children**



Malnutrition = poor nutrition


In Exeter:

**a fifth of 4-5 year olds
and
30% 10-11 year olds
are overweight or
obese**





Food Power recommendations:

- Increase take-up of Healthy Start vouchers**
 - Promote breastfeeding**
 - Best use of children's centres**
 - Make sure all eligible children are eating free school meals**
 - Provide breakfast in schools**
 - Coordinated strategic food provision during holidays**
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Exeter Holiday Hunger Programme



Food Education

Sport



Cookery

Art and craft

