Food Insecurity: Impact on Learning



Hunger makes learning hard.

Students with limited access to food and healthy meals are more likely to struggle with [1,2,3,4]:

- Academic performance (grades)
- Behavioral health
- Building friendships and engaging with others
- Bullying
- Listening, following instructions, and self-control
- Memory and focus
- Mental health (anxiety, depression, and suicidal ideation)
- Self-confidence
- Staying healthy

Tips for making healthy choices on a budget [5,6]:

- Add beans and canned or frozen vegetables to meals to make them more filling and last longer.
- Buy dry goods like whole grains in bulk for a lower price per unit.
- Shop in-season produce, or opt for canned and frozen options with no added salt or sugar.
- Vary your proteins to include beans, canned chicken, and canned tuna.

Does your family worry about:

- Food running out?
- Going hungry?
- Having enough money to buy groceries?

Contact the *Well Badger Resource Center*.

We'll help you understand your options and eligibility for **food assistance programs**.

Call: 1 (800) 642-7837
Visit Well Badger for more ways to connect.

Sources:
1.Feed the Children. (2025, April 22). *Hunger's effect on education.* https://www.feedthechildren.org/our-work/stories/hungers-effect-on-education/
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3.Second Harvest Food Bank of Middle Tennessee. (n.d.). *Are food and mental health related?* https://www.secondharvestmidtn.org/are-food-and-mental-health-related/
4.Wisconsin Department on Public Instruction. (2024, August). *Wisconsin youth risk behavior survey summary report 2023.* https://dpi.wi.gov/media/49263/download?inline
5.Mayo Clinic. (2025, April 24). *Eating healthy on a budget.* https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/eating-healthy-on-a-budget
6.U.S. Centers for Disease Control and Prevention. (2024, May 15). *6 tips for eating healthy on a budget.* https://www.cdc.gov/diabetes/healthy-eating/6-tips-eating-healthy-on-budget.html