

Research Summary: Hunger and Early Childhood



Research tells us that good nutrition is vital for young children's growth and development. Unfortunately, nearly a quarter of California's young children live in poverty, and many parents struggle to meet their basic needs, including feeding their families. Child care plays a critical role in supporting low-income families by providing children access to healthy meals while their parents are at work or school.

Even before they enter school, children who experience hunger may suffer. They are more likely to:



Experience developmental delays.^{1, 2, 3}



Have poorer academic outcomes.^{4, 5}



Have more social and emotional problems.^{6, 7}



Be in poorer health than their peers.^{8, 9, 10}

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