Oklahoma is one of the hungriest states in the nation. One in six (17%) of Oklahoman adults and seniors are food insecure, and 1 in 4 (24%) of Oklahoma children are food insecure.

Twenty-five percent of Oklahomans receive benefits from the Supplemental Nutrition Assistance Program. Half of all infants born in Oklahoma are enrolled in the Women, Infants and Children nutrition program and 62% of Oklahoma public school students are enrolled in the national free and reduced-price school lunch program. Oklahoma is one of the top ten states in the nation for food insecure seniors, and 19% of hungry seniors are responsible for grandchildren.

Oklahoma food banks provide 69 million pounds of food or 57 million meals a year to hungry Oklahomans. In fact, Oklahoma food banks provide enough food to feed more than 160,000 Oklahomans each week including 59,200 Oklahoma children.

Why is this an issue for Oklahoma?

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Societal Outcomes

- Positive behavior change related to meal planning, shopping, cooking, food preparation, food preservation, food safety and finances will positively impact Oklahoma’s rates of food insecurity and hunger due to the increased ability of Oklahomans to manage their food resources.
- Increase public awareness of hunger.
- Increase partnerships with agencies and organizations to reduce hunger.
Hunger Programs Available

**Nutrition**
- MyPlate for My Family
- Faithful Families Eating Smart and Moving More
- Eat Healthy, Be Active

**Food Preparation and Preservation**
- Teen Cuisine
- Put it Up!
- Cooking for One (or Two)
- Recipe Modification
- Does Climate Change Your Plate
- Wild Game Food Safety
- Food Safety for Seniors
- Home Food Preservation

**Hunger Awareness**
- Empowering Youth to End Hunger in Their Communities
- Hunger 101
- Poverty Simulation

**Finances**
- Check and Balance
- Pathways to Success
- FDIC Money Smart
- Oklahoma Money Matters
- Dollar Decisions
- Small Steps to Health and Wealth

Contact your local Extension Educator to schedule an Hunger Program. To learn more, visit fcs.okstate.edu

**Partners**
- Local County Educators
- OSU Extension Specialists
- Program Advisory Committees
- Various partnering organizations

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