



September is Hunger Action Month and Childhood Obesity Month

The United States is the largest economy in the world by far. We live in the 10th richest country by GDP per capita but 43.5 million, including 14.7 million children, nationwide struggle with hunger. That is 1 in 7 Americans and it is unacceptable.

In the midst of such an atrocity, our republican-controlled legislature has introduced numerous bills that place expensive, impractical, time consuming, and demeaning restrictions on FoodShare benefits used by our neighbors in need. Measures like these are not taken to help our state. They are taken in a misguided attempt to prove a point but succeed only in disenfranchisement of good people in need.

Please help where you can. Be involved to help Milwaukee fight against hunger. You can donate food, money, or time to your local food pantry.

If you would benefit from the services of a food pantry, please do not hesitate to reach out to one near you or contact my office. I will be more than happy to connect you to resources in your neighborhood.

For information on a food pantry near you, click [here](#).

September is also Childhood Obesity Awareness Month. It may seem that these are unrelated issues, but the sad reality is that junk food and other heavily processed foods cost less than healthful options.

While it has been reported that healthy foods cost \$550 per year more than purchasing less healthy options. This does not, however, take into account the added long-term cost of poor dietary habits.

Childhood obesity leads to many health concerns including an increased risk of diabetes, certain types of cancers, and depression or low self-esteem. In order to battle childhood obesity we all need to work together to promote healthy diet choices.

For more information, click [here](#).