



THE EFFECTS OF HOMELESSNESS AND FOOD INSECURITY ON SCHOOL PERFORMANCE

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QUICK FACTS

01.

20% of the Canadian homeless population are between the ages 13 - 24

02.

40% of homeless youth in Canada will have first experienced homelessness before the age of 16

03.

1 in 5 shelter users in Canada are youth

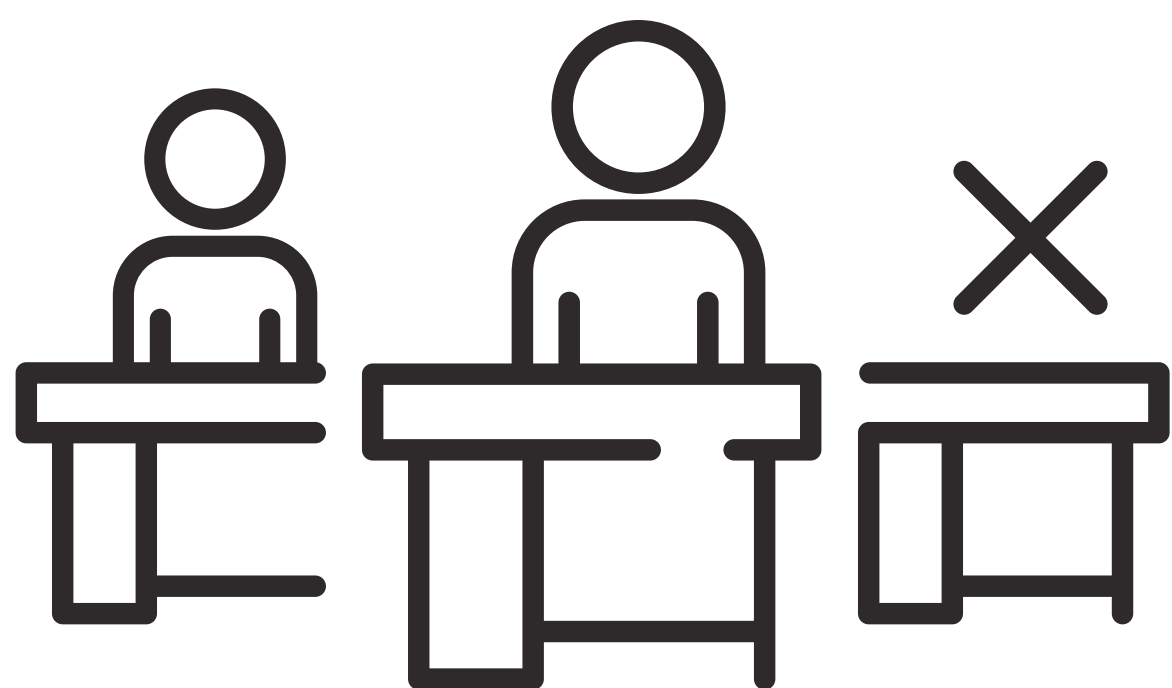
04.

Of the 40,000 homeless youth in Canada, 6000 - 7000 will be seeking safe shelter tonight

EFFECTS OF HOMELESSNESS

GRADES

- 40% of school-aged children that are homeless have to repeat a grade at least once or more (Murran, et al., 2022)
- 37% of these children have grades falling below the average (Murran, et al., 2022)



ABSENTS

- Less than 38% of homeless school-aged children attend school everyday (Murran, et al., 2022)
- 23% of them go to school half the time or more (Murran, et al., 2022)

DEVELOPMENTAL DELAY

- A study of a cohort of homeless children in Paris showed that 80.9% of these children showed some degree of developmental delay (D'Sa, et al., 2020)



EFFECTS OF FOOD INSECURITY

- **Poor nutrition can lead to poor academic performance as well as slower cognitive development (Cassar, 2022)**
- **A study conducted in three schools observed how students responded to two different types of lunch programs (Cassar, 2022)**
 - Traditional lunch services (TLS)
 - Fresh and Healthy Program (F&H)

Table 1. Site Demographics.

	Franklin elementary	Washington charter	Chester Episcopal
Type	Independent	Charter	Independent; Episcopal diocese-affiliated
Grades	PreK-5	K-6	5-8
Enrollment	91	168	64
African American	96%	91.3%	96.8%
Economically disadvantaged	90%	95.6%	100%
Average class size	15	22	16
Lunch program (per week)	TLS: 4 days F&H: 1 day	TLS: 5 days	F&H: 5 days
Breakfast (per week)	TLS: 4 days; F&H: 1 day	TLS: 5 days	TLS: 5 days

Note. TLS = Traditional Lunch Services; F&H = Fresh & Healthy program.

(Cassar, 2022)

TRADITIONAL LUNCH SERVICES

Food items include:

- Burgers
- Pizza
- Chips

How did students respond to the TLS meals?

- Still hungry afterwards
- Lack of attention in class

FRESH & HEALTHY PROGRAM

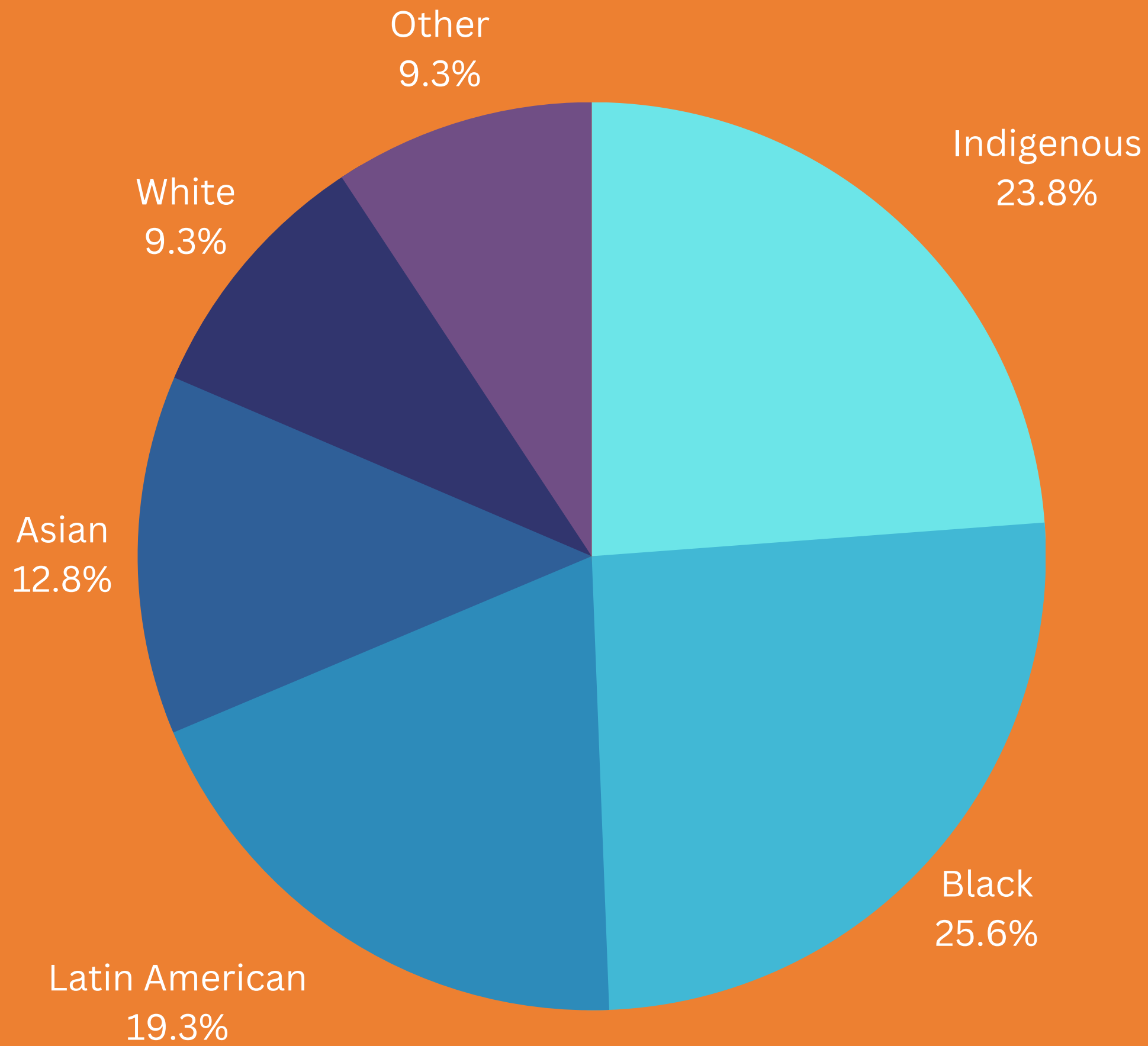
Food items include:

- Grilled chicken
- Vegetables
- Salads

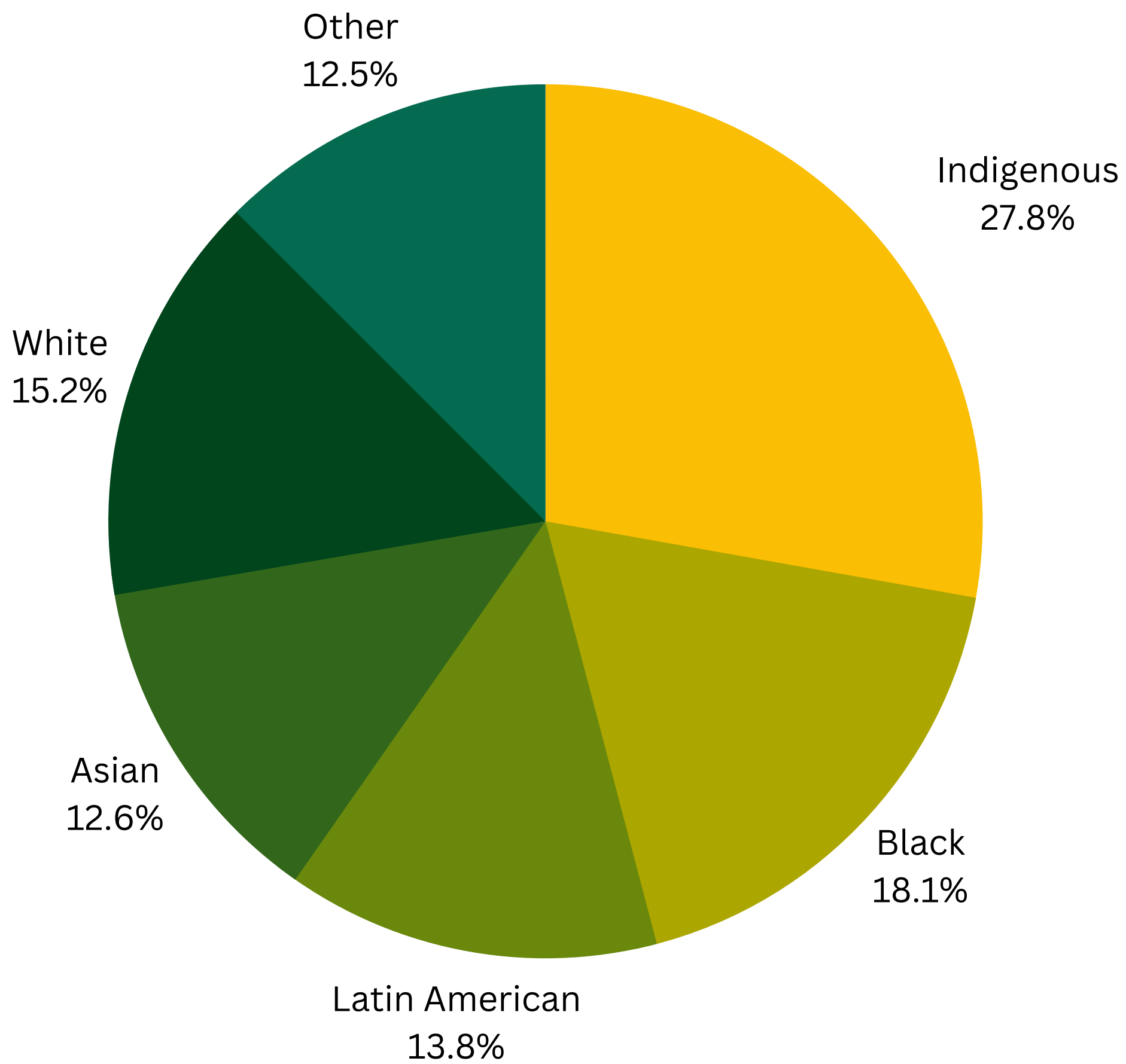
How did students respond to the F&H meals?

- Felt sustained
- Were more alert and participated in class

FOOD INSECURITY DEMOGRAPHICS



HOMELESSNESS DEMOGRAPHICS



WHAT CAN BE DONE?

01.

Volunteer your time at shelters



02.

Donate clothes and non-perishable food items



03.

Research and vote for your local political candidates



CONCLUSIONS/ TAKEAWAYS

- **Homelessness and food insecurity can affect a child in more ways than one**
 - Physically
 - Emotionally
 - Socially
- **All these factors play role in the academic performance of young students, and ultimately, how their future will turn out**

