I. Why address issues of food security and hunger?
   A. Nutritional consequences
      1. Reduced intake of selected vitamins, minerals, protein
      2. Diets lacking in fruits, vegetables, dietary fiber
   B. Health and physical consequences
      1. Increased risk of hunger
      2. Increased risk of chronic disease
      3. Increased risk of becoming overweight/obese
      4. Increased hospital costs among older Americans
      5. Poorer health among children
   C. Social consequences
      1. Impaired learning among children and adults
      2. Emotional/behavioral problems in children
      3. Loss of productivity
      4. Increased stress & anxiety
      5. Reduced social interaction
      6. Disrupted household dynamics

II. Risk factors for food insecurity and hunger
   A. Poverty
   B. Recent and/or unexpected economic changes
   C. Lack of home ownership
   D. High school dropout
   E. Large household size
   F. Single parent households with children

III. Extension’s role in addressing food security and hunger
   A. Goals of Extension
   B. Preventing food insecurity & hunger through Extension
      1. Building Sufficient Families
      2. Expanded Food and Nutrition Education Program (ENP)
      3. Food Stamp Nutrition Education Program (BLT)
   C. Food Stamp Nutrition Education Program
      1. Overview
      2. Impact of the program in Texas
IV Addressing food security and hunger at the grassroots level
A. Short term solutions
B. Intermediate solutions
C. Long term solutions