

Sample APA Research Paper

START WITH A COVER PAGE - Margins: 1-inch on top, bottom and sides. Double-spaced. 12-point font, Times New Roman.

**RUNNING
HEAD**

RUNNING HEAD: FOOD INSECURITY

Running head is an abbreviated version of the title of the paper, all caps, left-justified.

1

Page number is right-justified.

TITLE

The Effects of Food Insecurity on School Performance

Title is centered and unbolded.

**AUTHOR'S
NAME**

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RUNNING HEAD

FOOD INSECURITY

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2

Page number is right-justified.

TITLE

The Effects of Food Insecurity on School Performance

Title is centered and unbolded.

Abstract

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ABSTRACT

Poverty affects more than 41 million Americans every day – most of whom are children. Food insecurity and undernutrition have a confirmed correlation to slower cognitive development for children under three years of age. Hungry children cannot form skills as quickly as their peers due to both deprivation of vital nutrients and poor concentration. But, there has been little focus on how these effects scale up in terms of school performance past kindergarten. Public schools have several programs in place to mitigate the problem of food insecurity, including free breakfast and reduced lunch. We surveyed 100 students at Arbor Elementary School over the course of one school year to see how effective these programs were in improving their academic performance and general contentment in school. The results of these surveys reveal how long children are academically affected by systemic food insecurity, even when their stomachs are currently full.

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TITLE

The Effects of Food Insecurity on School Performance

Title is centered over introduction, and unbolded.

Poverty and poor school performance are two problems that keep Americans from reaching their full potential. Alongside poverty is food insecurity, which affects millions of households – and children – every day. But could focusing on one problem help to solve the other? We wanted to find out whether programs designed to reduce food insecurity for targeted children would improve their school performance, and therefore, give them a more successful start in life.

Section headings are centered and bold.

Background

1/2-inch indent for the first word in each paragraph (except in Abstract).

**TEXT/
SECTION
HEADING**

Food insecurity is defined by the U.S. Department of Agriculture as a lack of regular access to food due to one's financial status. According to the Department's report "Household Food Security in the United States in 2016," 12.3 percent of American households, or approximately 41 million people, experienced food insecurity at some point in 2016 (USDA 2017). The Right to Food was included in the United Nations' 1948 Declaration of Human Rights, while the Food and Agriculture Organization measures food insecurity on a scale from mild (uncertainty about obtaining food) to severe (no access to food for an entire day). (FAO 2019).

For in-text citation include author's name (or organization) and publication year, not page numbers.