



Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson 10

World hunger

Your child learned about hunger around the world. There are 690 million hungry people around the world. Poverty is the main cause of hunger. Other causes of poverty are lack of resources and conflict such as war. For many poor people around the world, they exist on \$1.25 a day or less.

Hunger in America

Hunger is a worldwide problem and still exists in the United States. Hunger is also called food insecurity. Families may only eat once a day or may skip meals, children may come to school hungry and seniors may have to decide between buying food or medicine.

Hunger at home:

Your child can do something positive

Your child learned about ways to address hunger. They included:

- Write a letter to a member of Congress asking them what they are doing about hunger.
- Get involved in a local food drive to stock a local food pantry. Consider collecting cash donations. Your local food pantry can use cash to buy a lot of healthy food at a lower price.
- Write a letter or article about hunger for the school newspaper.
- Start or help with an existing community garden, and donate the produce to your local food pantry.



Children stretch out their hands at the Dadaab refugee camp where thousands of Somalians wait for help because of hunger in Dadaab, Somalia. Photo by Sadik Gulec / Shutterstock.com.





Healthy donations for food pantries

Food pantries try to provide healthy foods in the packages they provide. Donated food is one way they can provide healthy food choices. Here are some healthy food choices you can suggest when you get involved in a local food drive to stock a local food pantry.

Grains

- Brown rice
- Whole-wheat pasta
- Oatmeal
- Whole-grain cereals
- Bulgur
- Whole-grain barley

Fruits

- Canned fruit in juice
- 100 percent fruit juice

Protein Foods

- Tuna or salmon in water
- Canned beans

Vegetables

- No-salt, low-sodium canned vegetables
- No-salt, low-sodium canned tomatoes, sauce

Other Foods

- Low-sodium soup

Source: *State of Food Insecurity and Nutrition in the World 2020 online summary*. Retrieved November 9, 2020, from <http://www.fao.org/publications/sofi/en/>.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition Line at 1-888-515-0016.

Need help stretching your food dollars? Contact your local resource center or go online to mydss.mo.gov/food-assistance