



# Choosing Foods for Me

Fourth-grade nutrition education newsletter

Lesson **11**

## World hunger

Your child learned about hunger around the world. There are 925 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 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.
- Volunteer to fill Buddy Packs. For more information about Buddy Packs go to [sharefoodbringhope.org/buddy-packs](http://sharefoodbringhope.org/buddy-packs).



Children stretch out their hands at the Dadaab refugee camp where thousands of Somalians wait for help because of hunger on August 15, 2011, 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
- Low-sodium, no-salt canned tomatoes, sauce

### Other Foods

- Low-sodium soup

Source: 2012 World hunger and poverty facts and statistics at <http://www.worldhunger.org/articles/Learn/world%20hunger%20facts%202002.htm> accessed June 12, 2012

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