

Kids Need Food

Did you know that almost 30,000,000 kids a day depend on school lunches for food?

(Education Week, adapted by Newsela staff. *Shut Down by Coronavirus, Schools Scramble to*

Feed Students March 16, 2020 <https://newsela.com/read/schools-feed-students->

[coronavirus/id/2001006670/](https://newsela.com/read/schools-feed-students-coronavirus/id/2001006670/)) Imagine being one of them, not much food, hardly two meals a day, and depending on school lunches for most of it. This isn't right. I chose this issue because it is important for kids to grow up healthy, and without food they cannot. Kids all over the United States are suffering from hunger and we need to help them in other ways than just school lunches.

First, kids need to be well fed because food is very important for kids to live, stay healthy, grow, pay attention to things like school, and play. If kids can't eat enough food, they could go hungry and get sick. So then while it's a beautiful day outside, they will not be able to do anything all day because they are sick and weak. This is a problem because childhood is the most important time in life, where you experience and learn so many cool things, and if you're hungry for most of it, then you don't experience many things! And you would not want that to happen, now would you? I never knew how lucky I am to have a good supply of food until now.

Second, since schools are closed (due to Covid-19) it makes it harder for schools to deliver food to students suffering from hunger. And this is a problem because, according to Juliana Fisher (the person in charge of Bothell School District's food services in Bothell, Washington),

"Kids can't learn without the nutrition they need." (*Shut Down by Coronavirus, Schools*

Scramble to Feed Students March 16, 2020 <https://newsela.com/read/schools-feed-students->

[coronavirus/id/2001006670/](https://newsela.com/read/schools-feed-students-coronavirus/id/2001006670/)) But luckily, Juliana Fisher also found a way for schools to deliver food while being safe. She organized the school workers into groups to deliver food to students.

Also, luckily, people like Juliana Fisher are doing things like this to get hungry kids help. I feel the need to help, but I can't do that much by myself! We need everyone doing at least something to help kids get food. You can even do something small, an essay like this, and it will still have a great impact. So then when things like a quarantine happen (hopefully not Covid-19 again), we will know how to deliver food to hungry kids.

Lastly, programs like the Backpack Program help because they deliver food to kids suffering from hunger. The backpack program specifically delivers on weekends when schools cannot. "I'm glad the backpack program is here, because we have enough now, but one day could come where we run out of money and run out of food, but we'll have things from our bags" says 10-year-old Kitiana from Missouri (*Hunger in Missouri* November 2020 <https://rednoseday.org/news/filling-backpacks-and-hungry-tummies>)

There is also a program that is called Hunger Free America. Hunger Free America has places where they have table with food on it. The people suffering from hunger line up with bags and volunteers with gloves put some of the food in their bags. This helps because it is also accessible during Covid-19, it can be outdoors and people can wear masks and gloves, and it is also easy to social distance since it is outside. We need more programs like these, so that then more children around the United States will get enough food to live and grow.

In conclusion, many kids are suffering from hunger in the United States and are mostly fed by schools. Imagine getting enough food, school lunches not being the only source of food anymore, and three meals a day! If you help this can happen. How can you help? You can donate to the Backpack Program, donate to Hunger Free America, volunteer with these programs or different programs, learn more about this issue and see if there is any way you can help, or write to your legislator and ask them to help. We need you!