



GOAL 2: ZERO HUNGER

'Hunger is misery;
a full stomach is worryness'
[proverb from Haiti]

One day spent with Sidney from Haiti

Alo! Mwen se Sidney. I am 8 years old and I live in Cite Soleil. It's a commune in the capital of Haiti, Port-Au-Prince, also referred to as "slums" and is made out of tin shacks – not exactly a very nice place to live but we cannot afford to live anywhere else. Come in, this is our hut – welcome to our home! I live here with my parents and my three siblings. This is the room in which we cook, eat and sleep. We used to have two rooms, but a big tsunami wave, that was caused by an earthquake, washed it away.

Our roof has also been destroyed. We tried to seal it against the rain but it didn't work. Luckily, the corner where we children have our bed is still dry but when it rains, water drips onto my parents' bed and they can't sleep there. During the night, they have to sweep out the water in the hut, and in the morning they take a quick nap in our bed, so that they get a little rest.

Look, there in the corner, is a bucket filled with clean drinking water, which I only just fetched. Running water from the tap isn't available here. We have to pay for clean water. We can't afford to buy it every day. Sometimes we have to beg for the drinking water. Can I offer you a glass of water? Would you like to know, what we do so we don't feel so hungry? We drink salt water from the sea bay of Cite Soleil. It is not only salty, it is also pretty dirty. This makes us feel so sick, that we don't feel hungry anymore.

I am sorry, that my little brother doesn't stop crying. That's because he is hungry. When he does not get fed in the morning, he cries and cries. This means that our neighbours know that we do not have enough money to buy

him food and this embarrasses my parents. At the moment they are at the market, trying to sell grilled fish, hot dogs and beans. These are specialties that they can sell for a lot of money. With that money we can go and buy cheaper food for us to eat. Sometimes we eat rice with beans, or millet with a bean sauce, and on some days we grill sweet potatoes. But my favourite is rice with bean sauce and meat. There are days, however, when my parents come home with empty hands, and no food for us to eat.

During the school holidays I help my parents sell these specialties at the market. Believe me, it is not easy to sell food, when you are hungry yourself. My siblings and I have to fetch water every morning, then we help our parents clean out the hut. We have chicken, that lay us two eggs every day; that is always something we really look forward to.

My mum says, that she was not as fortunate as we are because she was not able to go to a school so she never learned how to read or write; she is just like a lot of other people in our slum. She always says that we should work hard, so that when we grow up we can find a job and earn enough money to buy ourselves enough food. Some children in my class have books, newspapers and pens and pencils at home, which makes reading and writing a lot easier. My siblings and I don't have any of that, however we have a really good memory, which also helps us learn. In our house there are always a lot of stories being told, for us to remember. I have a dream, that one day I will own my own little shop, where I can sell rice and beans. So when I have children, they will always have enough to eat and if I earn enough money, I will share what I have with my neighbours.



Source: 'Two Girls from Cité Soleil' by Heike Fritz/Stephan Krause, D/Haiti 1996. Documentary Film



To end **hunger** in the world, healthy nutrition for all and ensure the future for agriculture

Do you know the painful feeling in your stomach, when you haven't eaten anything? That is how millions of children feel right now. Most of them also won't be eating in the next few days. The number of people dying, because they have too little food has reduced by 200 million in the last 30 years. However, there are still 800 million people, that have to go to bed feeling hungry. That is almost every tenth person. The second goal states that all people should have enough to eat by 2030. But it is not only the quantity of food, it is also important that it holds the necessary nutrients, that the body needs to survive. Some people have enough food to eat, but still suffer from malnutrition, because they don't live on a balanced diet. If you eat rice every day, your body lacks important nutrients, such as vitamins. That's why fruit and vegetables are so important.

For pregnant women this is especially important because their unborn child starts life already malnourished or is sometimes born with physical impairments.

In principle we produce enough nutritious food to feed all people on this planet. Still there are people suffering from hunger, because they simply do not have enough money to buy food for themselves. But often they do not have access to fertile land and water resources to grow their own food. Sometimes it also happens that bad weather conditions or plant diseases damage the harvest or the goods that are being produced are exported overseas – such as for example soya beans from Brazil.

Even though there is fertile land available, they often do not have enough water or lack the know-how to grow their own food efficiently. Therefore, the second goal also includes the need for a better exchange of agricultural knowledge. People in richer countries, such as Austria have the machines to manage their fields more effectively. Often they also have a lot more to eat, than they need and throw away most of their edible goods. That is very sad, because food is precious and should be valued.

Maybe you would love to just pack up your food and send it in a box to children who are hungry. Of course that is a nice thought, however to give out food during an emergency only provides an important short-term help but

it is far more important to help the people to be able to care for themselves and produce their own goods so they are not dependent on others.

What can we do to achieve this goal?

- Make sure not to waste any food within your own environment. Often a yogurt is still edible, even though the best before date has already passed. Simply check how the food looks, smells or tastes like and decide if it is still edible. You can still cook something delicious with most foods that have gone out of date or have been cooked the day before. Here are some tips and recipes to try out: restlkochbuch.bmv.at

Romana (12)
from Rust, Burgenland: 'When the best before date has already passed, the food is often still edible: It simply says BEST before.'

Florian (16) from Karpfenberg, Styria:
'This year I am going to win the Viktualia Award! I have this really cool idea! I don't want to tell you yet t it is just yet – but you wait! It is an amazing idea!'

- If you have leftover at home, or you have cooked too much for your family then share it with others!. You call that 'foodsharing'. Either you offer your leftovers and other edible goods on an online platform or you use the so called "fair-teiler", those are public fridges, that can be found at several places in Austria. More information here: foodsharing.at
- Start your own project against wasting food and submit it to the VIKTUALIA-Award. A grammar school from Dornbirn put all their leftovers from the school canteen into a fridge with the motto „Save and share“. From this fridge all students and also refugees could always get food when they felt hungry and could also take it home. If you want to find out more information about this project look here: www.bmifuw.gv.at/land/lebensmittel/kostbare_lebensmittel.html