

The 30 Hour Famine showed me how hunger looks and feels, even if only for a short period of time, and allowed me to experience hunger firsthand rather than just being shown the same statistics over and over again.

I discovered that hunger causes you to be almost falling asleep one minute, then bouncing with energy the next. I thought that long term hunger would be similar to the short term hunger I feel daily, just more pronounced. Instead I could see more of how hunger affected my mental health. I felt much more pessimistic than usual and was tired the whole day. Fasting showed me that people who face hunger everyday face much more than just a pain in their stomach, or maybe feeling a little bit angry. I only experienced a small piece of what hunger is, and I won't pretend to know how long term hunger truly makes people feel, but I can see that it is definitely a lot harder than I thought.

These people manage to function without a very vital part of life, and many are able to get back on their feet. I can see now how strong the hungry are, maybe not physically, but definitely mentally stronger than I may ever be.

The parts of the 30 Hour Famine that stuck out to me the most were going through the statistics and the video report that we watched. While the fasting was showing me how hunger felt, the statistics revealed exactly how hunger is affecting people worldwide.

So many people in the world are hungry and there is so much we can do to help. The video we watched talked a lot about how much uneaten food that people, especially Americans, waste. After have just looked at how many people that go without food, then seeing pictures of so much perfectly good food get thrown away, I was able to see that hunger is a very large problem that can be fixed.

Maybe not every person in the world will live with enough food, but if each person just takes small steps to waste less and give back to the community, we can help so many people have what should be easy to get. We have enough food, we just have to figure out how to get it to people that need it.

--Anna Steingruber, 9<sup>th</sup> grader