



Fighting against Malnutrition in the United States and across borders.

Malnutrition in the United States is a dilemma. Many people eat at fast-paced restaurants that lack vital nutrients and vitamins. For most people, fast-food restaurants are more convenient and affordable than buying food at local supermarkets. In other cases, many people live in food deserts. Food deserts are areas limited to nutritional foods. People in these areas do not have access to supermarkets and vegetable shops with fresh foods; these stores are called food oasis. New York is a prime example of areas having food deserts. Many New Yorkers shop at their local bodega to access food that helps their family survive. In a country such as the United States, one could think people are well fed and nourished. Unfortunately, this could not be further from the truth. Hunger is a topic of discussion which continues to be a vital conversation to be had.

During COVID, people are not only dealing with a deadly virus but the loss of jobs leading to not having the ability to pay for essentials. The homeless are also dealing with the harsh realities of not only having a stable home but struggling to find meals. With people on lockdown due to COVID, the homeless suffer.

According to sources,

"The USDA defines " food insecurity" as the lack of access, at times, to enough food for all household members. In 2017, an estimated 15 million households were food insecure."

Because of the lack of food security, here is a list of organizations that are free and open to those needing food.

1. **Local Food Banks**- Local food banks are a great option to find nutritional foods. If you live in New York, they have a food bank by the name of Food Bank for New York City. Food banks are non- profit organizations that collect and distribute food to charities and the local community. Food banks offer support in many areas, such as helping locals with meal planning for a family, job searches, and emotional support.
2. **Feeding America**- Their mission is to feed the American population through a nationwide network and to engage people in ending malnourishment in the United States. Feeding America is a considerable source for finding local entities that provide free food services to the public.
3. **Action Against Hunger**- Action Against Hunger is a global organization that acts against the causes of the lack of clean water sources and food. Malnutrition is a pandemic around the world. Action Against Hunger has served more than 17 million people worldwide.
4. **Salvation Army**- The Salvation Army's mission statement is to preach the gospel of Jesus Christ and to meet human needs in His name without discrimination. The Salvation Army is dedicated to doing the most good. With the salvation army, one can not only receive food but also support in other areas of need.
5. **American Red Cross**- American Red Cross's mission statement is to prevent and alleviate human suffering in the face of emergencies by mobilizing the power of volunteers and the generosity of donors. The American Red Cross is available to those in natural disasters. When mother nature strikes, thousands can go without food, water, and electricity. The American Red Cross helps those in need during these horrific times.
6. **The Hunger Project**- The Hunger Project's mission is to end hunger and poverty by pioneering sustainable, grassroots, women-centered strategies and advocating for their widespread adoption in countries throughout the world.
7. **NOKID Hungry**- Nokid hungry fights against starvation for children. From lawyers, chefs, and doctors, everyone makes a difference here to ensure no child is left behind. Currently, with COVID-19, Nokid has set up additional help to help children who have little to no food to eat. Their efforts to help children have surpassed thousands across the U.S.
8. **Food for the Hungry**- Food for the Hungry provides life-changing resources such as clean water, medical aid, food, equal educational opportunities to girls and boys, vocational training, and empowerment in regardless of unimaginable hardships. Food for the hungry is a global organization that thrives on helping those in need.

9. **Local churches-** Local churches help by provided food pantries, donations, and more. No matter the religion, churches are the epicenter of giving to those in need.

With the many alternatives available, making a difference is now easier to do. If one cannot give financially, the equivalent could be volunteering time to a local agency. Ending world hunger is a journey, in which with help, could save thousands of people's lives. Each one, feed one.

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