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## Pandemic Food Crisis

When the Covid 19 pandemic hit, many poor and low income families had an even harder time feeding themselves. The bigger problem was that their kids also were hungry. Many solutions were present and these problems have now died down. There has been many and a lot of extensive research done on this topic. Many scientists and people have found many things especially related to biology and psychology.

To discover what the pandemic is meaning for kids' eating regimens, the Johns Hopkins Medicine scientists studied 318 guardians of children ages 2 to 12 across the United States. Guardians who announced more significant levels of pressure because of the pandemic were bound to utilize more food to deal with youngsters' feelings and practices. For instance, they may utilize less quality food and bites, like treats, to remunerate their kids, the examination found. Stress explicitly identified with COVID-19 among guardians was additionally connected with kids eating all the more sweet and exquisite snacks for the duration of the day. In any case, the overview likewise uncovered some sure patterns. For instance, 75% of respondents said their kids had customary breakfast, lunch and supper times. The scientists additionally discovered a relationship between lower feelings of anxiety, reliable eating times and schedules, and good food-related communications. For example, guardians eating with or drawing in with their youngsters around eating times.