

What to Read: Books about hunger for kids



Sources: *Growing Book by Book*, <https://growingbookbybook.com/childrens-books-about-hunger/>; *Doing Good Together*, <https://www.doinggoodtogether.org/bhf-book-lists/picture-books-hunger-poverty-homelessness>

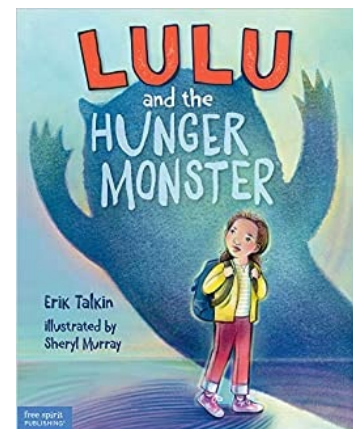
Saturday at the Food Pantry by Diane O'Neill

Molly makes her first visit to the food pantry with her mom one Saturday morning. It's much different than the grocery store they typically go to but her mom explained to her that they needed some help with food this week. While waiting in line, Molly spots her classmate Caitlin. Her enthusiasm towards Caitlin isn't returned and Molly doesn't understand why. Caitlin explains that she doesn't want anyone to know that her family relies on the food pantry. But Molly knows there's nothing wrong or embarrassing about needing help and she tries her best to make sure Caitlin knows that too.



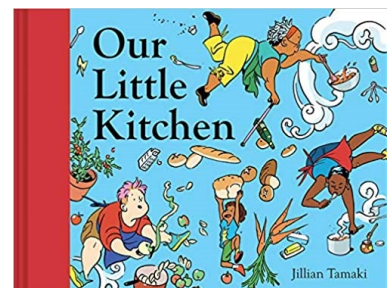
Lulu and the Hunger Monster by Erik Talkin

In this story illustrating the reality of childhood hunger and food insecurity, Lulu invites kids into her world to help them understand what it's like to battle the Hunger Monster. [Lulu and the Hunger Monster](#) delivers the right message at the right time, helping readers recognize the problem of childhood hunger and moving them to find solutions.



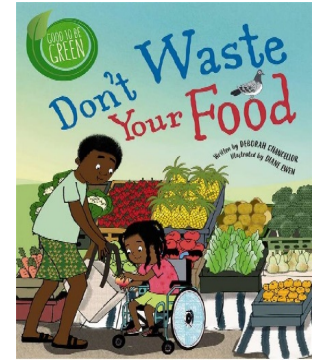
Our Little Kitchen by Jillian Tamaki

In this lively, rousing picture book from Caldecott Honoree Jillian Tamaki, a crew of resourceful neighbors comes together to prepare a meal for their community. With a garden full of produce, a joyfully chaotic kitchen, and a friendly meal shared at the table, [Our Little Kitchen](#) is a celebration of full bellies and looking out for one another.



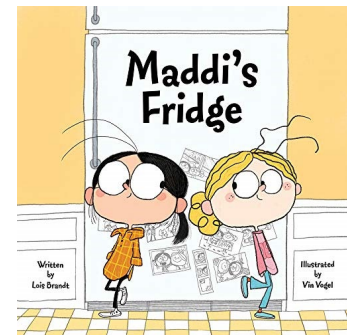
Don't Waste Your Food by Deborah Chancellor & Diane Ewen

Amara's dad says they shouldn't waste food. But why is this such a big problem? Follow their story and find out what happens to food waste, what can be composted, and how to reduce the amount of food we throw away.



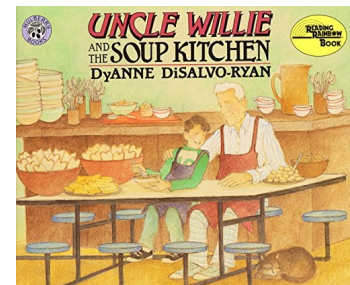
Maddi's Fridge by Lois Brandt

[Maddi's Fridge](#) by Lois Brandt is about two friends one of which has very little in her fridge. But, friends always help their friends and Sofia is determined to help fill Maddi's fridge.



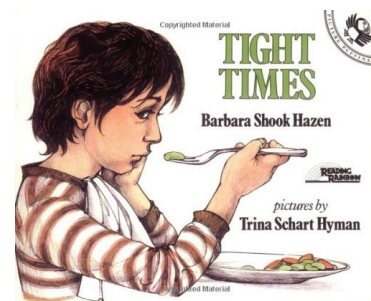
Uncle Willie and the Soup Kitchen by Dyanne Disalvo-Ryan

[Uncle Willie and the Soup Kitchen](#) by Dyanne Disalvo-Ryan is a great pick for introducing children to how a soup kitchen works and who it serves.



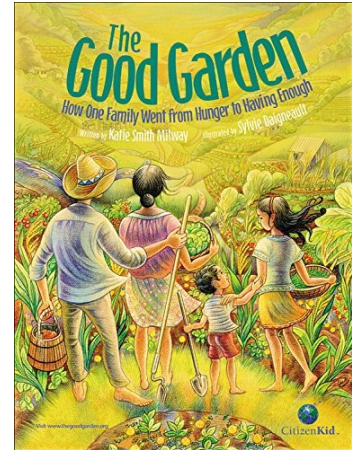
Tight Times by Barbara Shook Hazen

Helping children understand "tight times" is illustrated in [Tight Times](#) by Barbara Shook Hazen. When money is tight choices have to be made to purchase less expensive foods and foods that will stretch. For example, bulk cereal vs individual little boxes might be a choice during tight times.



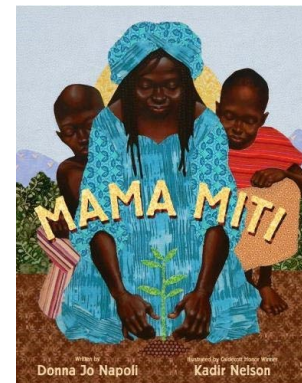
The Good Garden: How One Family Went from Hunger to Having Enough by Katie Smith Milway

[The Good Garden: How One Family Went from Hunger to Having Enough](#) by Katie Smith Milway is set in Honduras and is based on the true story of families living in the country and Don Elias Sanchez who worked to help families deal with food insecurity in the country. Sanchez helped families learn about farming techniques and increase their food production. There is lots of back matter about tending our global garden, hunger around the world and what people are doing to help.



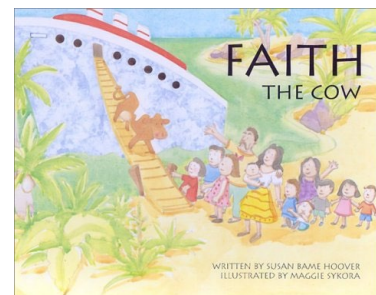
Mama Miti by Donna Jo Napoli

[Mama Miti](#) by Donna Jo Napoli is based on the work of Wangari Muta Maathai who was the first African woman to win the Nobel Peace Prize. This amazing woman worked to pull together people in the country of Kenya together planting one tree at a time for food, shelter, and a better sustainable life.



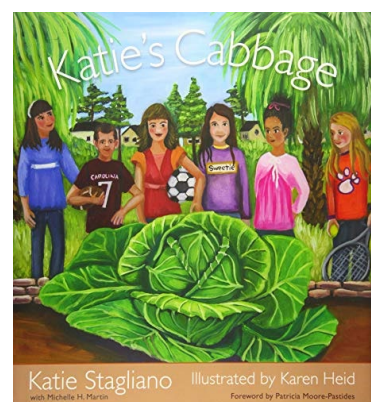
Faith the Cow by Susan Bame Hoover

[Faith the Cow](#) by Susan Bame Hoover is the story of how the Heifer Project came into existence with the idea of one person to give a cow to a country where the cows had been killed during the war. The idea grew to something much larger that still provides to animals for food across the world.



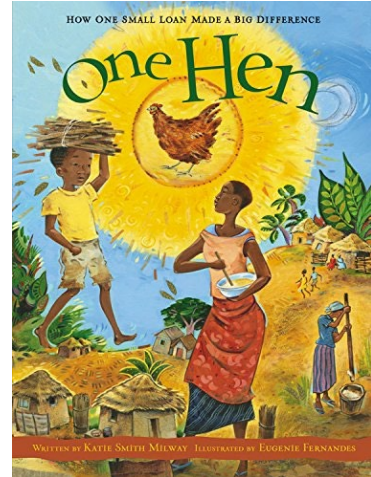
Katie's Cabbage by Katie Stagliano.

In [Katie's Cabbage](#) by Katie Stagliano. One girl donates her very large cabbage she planted as a school project to families in need. Her family was then inspired to expand their growing gift efforts. The book is based on a true story.



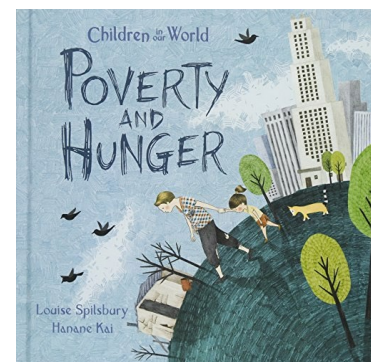
One Hen by Katie Smith Milway

[One Hen](#) by Katie Smith Milway is the story of how one idea to raise money for food grew into a huge food resource. Change happens one idea at a time by one person at a time.



Poverty and Hunger by Louise Spilsbury

[Poverty and Hunger](#) by Louise Spilsbury is an informational book about the many questions children have about poverty and hunger from Who is poor and hungry? to Why are people poor and hungry?



Conversation starters:

Source: <https://drive.google.com/file/d/1VIJ75IrgLP0S8XIHKLfNZpHsSiyAQYO6/view>

- What are some reasons that people may not have food they need?
- What is one thing that surprised you from the story?
- Describe how you feel when you are hungry?
- How could you help those who are in need of food?
- If you were explaining the hunger problem to someone, how would you describe it?
- Look at the most recent receipt from the grocery store. What items cost the most? Why?