

Topic: A hunger free St Vincent and the Grenadines: My Role, My Future.

When people hear the words “hunger-free Saint Vincent and the Grenadines,” they might imagine a big magical pot in the middle of the country that never runs out of food. Honestly, that would be nice. One scoop for me, one scoop for my friends, and maybe two scoops for my uncle because he eats like he is preparing for a hurricane.

But being hunger free is not magic. It means that everyone in Saint Vincent and the Grenadines has enough healthy food to eat and does not have to worry about going to bed hungry. As a child, I cannot make big laws. I cannot buy a truckload of breadfruit. I cannot even reach some kitchen shelves without help. But I can still play a big role.

First, I can learn to respect food. Sometimes children waste food because we say things like, “I don’t want this,” after taking enough food to feed three goats and a small football team. If we take only what we can eat, less food will be wasted. Hunger is too serious for us to be throwing food away like it is a bad homework paper.

Second, I can help grow food. I actually have a black eye bean from my science glass on germination, growing in Mommy’s garden. Even children can plant something. A backyard garden, a flowerpot with seasoning, or a school garden can make a difference. Imagine if every school in SVG had vegetables, herbs or fruit trees, and students who help to take care of them! We would not only grow food. We would grow knowledge. We would learn that food does not come from a supermarket shelf. All of us will know, it starts with soil, sun, water, and work. No, not just work, hard work.

Third, I can share, my Mommy always says, sharing is caring! If I see someone in need, I can encourage kindness. Maybe it is sharing a lunch, giving food, or joining food drives like the one Mommy and I do at Christmas. A hunger-free country is not built only by farmers. It is built by caring people. Even one sandwich can feel like plenty to someone who is hungry. I would know, I love my belly.

I also think children can use our voices. We ask plenty questions anyway, so let us ask useful ones. Why can’t more local foods be used in schools? God knows I love callaloo and roost breadfruit, I eat at the school feeding every day once I am at school, and I never ever see any of those two things! Why can’t more families grow food at home? Why can’t children be taught more about farming, nutrition, and cooking? I already know how to cook eggs, but again, I love my belly! If adults say children talk too much, this is one time our talking can help.

My role is to be a child who cares, shares, learns, and acts. My future depends on it. If hunger continues, children cannot focus well on school, grow strong, or dream big. If SVG becomes hunger-free, children like me can become anything, doctors, teachers, farmers, chefs, leaders, and problem solvers.

So yes, I am only 10 years old. I still forget things, make jokes, and sometimes act like sweetie can give me all I need to grow.

But I know this: a hunger-free SVG begins with all of us!! So let us plant more, waste less, share what we have and care. Then my future and our country's future, will be brighter, healthier and full of hope.

My name is Adan Phillips and I am a student at RC School in Grade 5 Appreciation.

I was born on the 3rd October, 2015, so I am 10 years old. I am a boy. I live in Arnos Vale.