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Hunger-Free SVG: My Role, My Future

One afternoon on my way from school in Kingstown, I saw a man sitting quietly by the side of the road. He was not asking anybody for anything but there was something about him that had me wondering, had he even eaten that day? That moment stood with me. It made me realize that hunger is not always loud or obvious. Sometimes, it is quiet and closer to us than we think.

When I imagine a hunger-free Saint Vincent and the Grenadines, I don't simply see full plates of food. I see people living good, without having to worry all the time. Children can concentrate in school instead of wondering about their next meal, and parent are relieved when they know that they are able to provide. In that future, access to food is not a struggle, it is a basic part of everyday life.

Living in Rose Hall, a community known for farming, has opened my eyes to the effort behind every meal. The farmers are up before the sun rises, they toil under the hot sun when it wakes up and depend on unpredictable weather. Nevertheless, despite all these efforts, not everyone is able to afford enough to eat. Sometimes we are surrounded by food being grow, yet hunger still exists, and this is something we cannot ignore. Going to a school in Kingstown shows me another side. There are those students who come ready to learn and then there are those who appear distracted, perhaps because they did not have a proper meal. These experiences helped me to understand that production is not the only problem, it is also about being able to access and afford food. These experiences helped me to understand that production is not the only problem, it is also about being able to access and afford food.

In a hunger-free Saint Vincent and the Grenadines, local markets would be stocked with fresh produce grown locally. Foods such as mangoes, bananas, breadfruit and coconuts would be treasured and included in our daily meals. Healthy eating would become the new norm instead of something limited to a few. Every primary and secondary school throughout Saint Vincent and the Grenadines could have their own or updated gardens where students can learn how to grow crops and understand the value of agriculture. As a country, we would rely more on our own resources instead of depending heavily on imports.

Reaching this goal will take more than just growing food. Low income, increased prices or natural disasters that destroy crops can lead to hunger. As we have seen before, volcanic eruptions or hurricanes in a small island such as ours, can rapidly impact food supply. This means we need strong systems, better planning, and cooperation to protect our food sources.

So, what role do I play in all of this?

My actions as a student might seem small, but they do count. I can start by being more mindful about food. I will not waste my meals but will make an effort to appreciate and use what I have. This is a simple habit that can be beneficial in the long run. I can also make healthier choices in what I buy or prepare to eat and encourage my family members to do the same. It is very easy to choose snacks and fast food because they are convenient, but they are not always the best option. I can contribute to a healthier lifestyle among my circle of friends by making healthier eating choices and encouraging them to do so.

Another step I can take is growing my own food in my backyard. Even a small garden can produce vegetables like tomatoes or peppers. I have people in my life who can guide me since I am in a farming community. Farming teaches about responsibility and shows the amount of effort required to grow food. More young people could be involved to make our communities stronger and less reliant on outside sources.

Looking ahead, I want to play a bigger role in food security in my country. I can choose a career path that will allow me to contribute to agriculture or develop ideas that will improve food availability. Young people are creative and energetic enough to be able to bring an element of change, whether through new farming techniques or community projects.

In playing a part, I must also use my voice. One of the ways of doing so is by taking the bold step to write this essay. I can make people more aware by speaking about hunger and sharing ideas because people are more likely to take action when they understand a problem. To create a hunger-free Saint Vincent and the Grenadines, everyone will need to come on board. The leaders, farmers, communities and young people will need to lend a helping hand. Every choice we make today will determine the type of nation we will be tomorrow.

When I remember the man I saw at the side of the road, I know I do not want that to be a normal sight. I dream of a country where no one has to wonder where their next meal will come from. A hunger-free Saint Vincent and the Grenadines is a place where people are nurtured, resources are shared fairly and everyone has the opportunity to live well. Although I am a single student, I also have a part to play. The choices I make today can grow into something greater in the future. Hunger-free Saint Vincent and the Grenadines is not just an idea, it is something we can begin working towards now, because the future of a hunger-free Saint Vincent and the Grenadines is not just something we hope for, it is something we choose to create.