

# Getting food stories



### Tchaona (13 years old) in Zimbabwe

When I was hungry I spent the day at home, not doing anything. I felt as if I was sick. I missed two days of school. My father doesn't have enough money. We don't have livestock. There was no rain last year so our crops wouldn't grow. At my school's feeding programme I like to eat beans and barley. It gives me power in my writing.



### Charmaine (7 years old) in Zimbabwe

Before I could not stand the taste of the wild fruits we eat called masau. But now there is nothing else to eat, I appreciate them. I used to be quite choosy with what I ate, but now I eat anything. Whatever my parents provide, I just eat whether I enjoy it or not. These days we only have an evening meal. During the day we have to eat masau fruit and drink lots of water.



### Selloane (5 years old) in Lesotho

Often we eat twice instead of three times a day. Sometimes I'm hungry and there's no food at home. When we don't have food, I go to my relatives' house to eat. My mum sends me. I don't know why the ground is so dry. When it rains, I like to play in the rain. But I can't remember now when it rained last.

### Somphet (7 years old) in Lao

Somphet works with others from his village planting rice. Rice grows in paddy fields that are flooded with water. A year ago the villagers built a dam using wire cages of rocks to get water from a nearby creek into their rice fields. The extra water means they can grow two crops a year. Now everyone has enough food. Their health is better and the children can go to school every day.



### Fatsani (9 years old) in Malawi

Fatsani is in Year 5 at school. After school he uses the treadle pump to bring water from swampy ground through pipes onto the maize crop (like corn). When he steps on the boards the bicycle chain pumps the water through the pipes. His family grows two or three maize crops a year, instead of one, because they can water their fields even when there's not much rain. They have plenty of food.

### Ivy (5 years old) in Zambia

Ivy shows the cabbage her family grew in their garden. World Vision gave sponsored children like Ivy packets of vegetable seeds to plant and look after. They learned new skills like making compost to make sure the plants grow well. The children like helping in the garden knowing that the food they grow will become something good to eat for dinner.

**Look at all these photos and stories in the [Getting food photo album](#)**

