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Discussion

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When term hunger is mentioned, I see images of people dying because they cannot afford food and water. Such images are there in social media, news, and books, among others, from one generation to another. Also, I remember words such as the unequal distribution of resources that make the vulnerable populations lack even the basic needs and therefore die to hunger. There are hunger as well as food insecurity in United States due to several reasons.

Poverty is one of the reasons where the number of people living below the poverty level is many. It means they do not access basic needs such as food, shelter, and clothing. Hunger results because they lack the needed resources to yield income, so they afford food. Another reason for hunger in the US is unemployment, which has increased, especially in the COVID 19 period (Mishra & Rampal, 2020). Lack of employment means no income is earned, so accessing food and clean water becomes challenging.

Hunger and food insecurity need to be resolved in the nation for growth and development to be attained. Notably, when people get hungry, they do not carry out the day to day activities right. As a result, the government is forced to spend a lot of money offering food reliefs, money that would be used in developing the economy. The administration needs to implement policies that support low-income people. For example, when allocating resources, the vulnerable populations should be prioritized.

When empowered, they generate income on their own, thus fighting hunger and supporting the nation's development. Another way to end the issue is through financial contributions. Here, the well-off people ought to assist the rest with resources that would help them meet their future needs. Alamo Regional Food Security is one of the San Antonio region agencies that helps hungry populations (Yu et al., 2020). The agency reaches the people by interacting with community members closely, so they learn those that require

assistance. It also cooperates with well-wishers and the government to empower the suffering communities.

References

- Mishra, K., & Rampal, J. (2020). The COVID-19 pandemic and food insecurity: A viewpoint on India. *World Development*, 135, 105068.
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