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Help Solve Extreme Hunger

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A staggering proportion of the global population lives in extreme poverty; billions of people worldwide must subsist on only a few dollars per day which significantly limits their ability to eat nutritious foods. Without regular access to or the means to purchase nutritious food, the **extremely poor** around the world are lacking in the protein and micronutrients needed to grow and maintain healthy bodies.

You have the purchasing power to help them! At Hearts, we believe attacking this problem at the root – by providing sustainable employment to help families earn enough to pull themselves out of **poverty** – is one of the best ways to fight global malnutrition. After all, we are strong believers in capitalism and that we can create change through supply and demand! Yet sometimes communities need a boost from conscientious consumers like you, which is why we're providing this guide to understanding the connection between extreme poverty and malnutrition and how you can be part of creative sustainable solutions.



Quick Guide: Extreme Poverty and Its Impact on Nutritional Intake

- **What is extreme poverty?** Living on less than \$1.25 per day, a condition affecting 1.4 billion people globally!^[i]
- **91x more earned by Average American:** The average salary in the US is \$41,673.83, which works out to be \$114.17 per day – 91 times more than those living in extreme poverty.^[ii]
- **3 billion living on less than \$2/day:** 3 billion people worldwide live on less than \$2 per day; 47.5% of the Sub-Saharan Africa, 36% of South Asia, 14.3% of East Asia, and 6.5% of Latin America and the Caribbean.^[iii]
- **16 people die every minute from starvation:** Every 3.6 seconds, someone dies of starvation. Child hunger affects 300 million people worldwide.^[iv]
- **What can you buy with \$1.25 in Africa?** Grains, cereals, and roots make up 70% of their diet, fruits and vegetables 5%, and proteins 3%.^[v]
- **What can you buy with \$1.25 in Asia?** Rice and other grains make up 66% of the average daily diet, fruits and vegetables 4%, and proteins 7%.^[vi]
- **What can you buy with \$1.25 in Latin America?** 11% of daily calories coming from protein, 6% from fruits and vegetables, 54% from cereals and roots, and 17% sugar and sweeteners. ^[vii]
- **Average American diet:** 15% protein, 25% cereals, 10% milk and dairy, 5% fruits and vegetables, and 20% vegetable oils and animal fats.^[viii]

Take Action! Invest in Innovations that Reduce World Hunger

1. **Fund creative sustainable food production:** Innovative, sustainable farming like hydroponic gardens eliminate the need for soil by running nutrient rich water (from small fish tanks) down rows of funnels that cradle the plants.^[ix] Hydroponic farming can use 10 times less land and 20 times less water than conventional farming,^[x] making it an attractive approach for developing nations with limited resources. You can invest in sustainable farming by funding small social enterprises focused on hydroponics and other sustainable food systems through organizations like [KIVA](#).
2. **Support hunger solving organization:** Alternatively, fund organizations like [World Concern](#), [MESA](#), and [Partners in Food Solutions](#) that instruct people in poor countries how to sustainably grow their own food.
3. **Donate to a quality food charity:** Donations shouldn't be our first line of defense, yet there is a tremendous need for emergency aid for post-conflict or post-disaster communities. Organizations like [UNICEF](#) or [The Hunger Project](#) are working to combat world hunger and malnutrition. Donating money to quality non-profits like these funnels money toward those most in need of help. Alternatively, find a charity championing poverty reduction, like [One Day's Wages](#), and donate your time or money to the cause.
4. **Political actions to end global poverty:** Outside of donations to relevant non-profit organizations, you can support poverty alleviation by calling or writing to your representatives in Congress and voicing your concern. Ask for increased support of the UN's [Millennium Development Goals](#), the first of which seeks to end hunger and reduce poverty. You can also support politically active non-profits like [Global Call to Action against Poverty](#) (GCAP), [The Global Poverty Project](#), and [Oxfam America](#), who seek to ramp up aid to extremely poor countries and increase government transparency about aid operations.

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Dig Deeper: Hunger Relief and Poverty Reduction

- Get [hunger statistics by country](#) from the Food and Agriculture Organization of the United Nations (FAO).
- Explore [global poverty data](#) from the World Bank.
- Read about the United Nation's [Millennium Development Goals](#) (MDGs).

One Day's Wages. (n.d.). *What is extreme global poverty?*. Retrieved from <http://www.onedayswages.org/about/what-extreme-global-poverty>

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