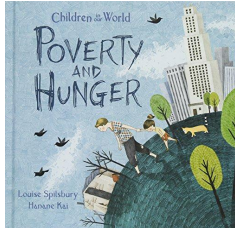


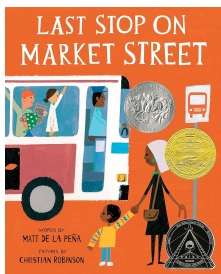
Suggested Books for Learning about and Empathizing with Food Insecurity and Poverty

For Kids



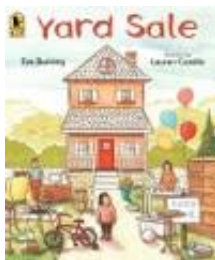
Children in our World: Poverty and Hunger - Louise Spilsbury

(Ages 2 - 6) “This beautifully illustrated non-fiction [book] takes a timely look at [one of] today's biggest issues in an appropriate way for young children. [This] book discusses the questions ‘What is poverty and hunger? How do they affect people in countries all over the world?’ It helps children begin to understand the way others struggle with these issues and learn about ways they can help.” - Publisher’s description



Last Stop on Market Street - Matt De La Pena (Ages 3 - 6)

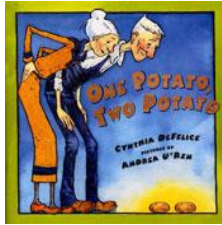
“This award-winning modern classic—a must-have for every child’s home library—is an inclusive ode to kindness, empathy, gratitude, and finding joy in unexpected places, and celebrates the special bond between a curious young boy and his loving grandmother. Every Sunday after church, CJ and his grandma ride the bus across town. But today, CJ wonders why they don’t own a car like his friend Colby.” - Publisher’s summary ****Owned by HPL****



Yard Sale - Eve Bunting (Ages 3 - 7)

“Almost everything Callie’s family owns is in their front yard — their furniture, their potted flowers, even Callie’s bike. They can’t stay in this house and are moving to a smaller apartment where most of

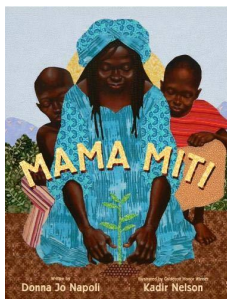
their things won't fit, so today they are having a yard sale. With sensitivity and grace, Eve Bunting and Lauren Castillo portray an event at once familiar and difficult, making clear that a home isn't about what you have, but whom you hold close." - Publisher's description



One Potato, Two Potatoes - Cynthia DeFelice (Ages 3 - 8) "Mr. and Mrs. O'Grady are so poor they have just one of everything to share – one potato a day, one chair, one blanket full of holes, and one gold coin for a rainy day. After digging up the last potato in their patch, Mr. O'Grady comes upon a big black object. It's a pot – no ordinary pot, for what they soon discover is that whatever goes into it comes out doubled! Suddenly the O'Grady's aren't destitute anymore. But what they really long for is one friend apiece. Can the magic pot give them that?" - Publisher's description

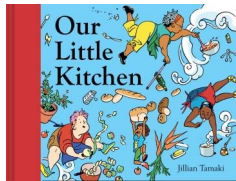


Saturday at the Food Pantry - Diane O'Neill (Ages 3 - 8) "Molly and her mom don't always have enough food, so one Saturday they visit their local food pantry. Molly's happy to get food to eat until she sees her classmate Caitlin, who's embarrassed to be at the food pantry. Can Molly help Caitlin realize that everyone needs help sometimes?" - Publisher's description

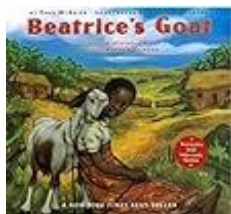


Mama Miti - Donna Jo Napoli (Ages 4 - 8) "Donna Jo Napoli and Kadir Nelson tell the true story of Wangari Muta Maathai, known as "Mama Miti," who in 1977 founded the Green Belt Movement, an African grassroots organization that has empowered many people to mobilize and combat deforestation, soil erosion, and environmental degradation. Today, more

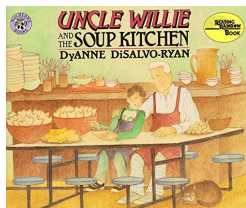
than 30 million trees have been planted throughout Mama Miti's native Kenya, and in 2004 she became the first African woman to win the Nobel Peace Prize. Wangari Muta Maathai has changed Kenya tree by tree—and with each page turned, children will realize their own ability to positively impact the future.” - Publisher's description



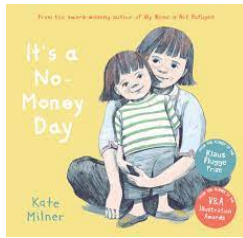
Our Little Kitchen - Jillian Tamaki (Ages 4 - 8) “In this lively, rousing picture book, a crew of resourceful neighbors comes together to prepare a meal for their community. With a garden full of produce, a joyfully chaotic kitchen, and a friendly meal shared at the table, Our Little Kitchen is a celebration of full bellies and looking out for one another.” - Publisher's description



Beatrice's Goat - Page McBrier (Ages 4 - 8) “Based on a true story, this heartwarming picture book shows how one gift changed the fate of a poor Ugandan family. More than anything, Beatrice longs to be a schoolgirl. But in her small African village, only children who can afford uniforms and books can go to school. Beatrice knows that with six children to care for, her family is much too poor. But then Beatrice receives a wonderful gift from some people far away—a goat! Fat and sleek as a ripe mango, Mugisa (“luck”) gives milk that Beatrice can sell. With Mugisa's help, Beatrice's dream may come true after all!” - Publisher's description
****Owned by HPL****

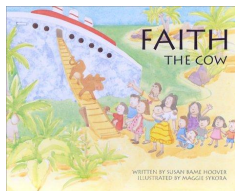


Uncle Willie and the Soup Kitchen - DyAnne DiSalvo-Ryan (Ages 4 - 8) “A gentle and age-appropriate introduction to two key issues of our time—hunger and homelessness—from a kid's point of view. ‘A boy wonders about the people he sees on his city's streets until he goes to the soup kitchen where his uncle works. The varied needs of the individuals there become clear to the young narrator,’ according to The Horn Book.” - Publisher's description



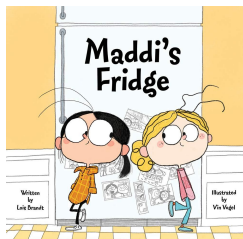
It's a No-Money Day - Kate Milner (Ages 4 - 8)

“Mum works really hard, but today there is no money left and no food in the cupboards. Forced to visit the local food bank, Mum feels ashamed that they have to rely on the kindness of others, but her young daughter can still see all the good in her day like reading and drawing, and even the food bank. Maybe one day things will be different but for now together they brighten up even the darkest of days. A moving insight into the sad rise and necessity of foodbanks from the perspective of society's most vulnerable.” - Publisher's description



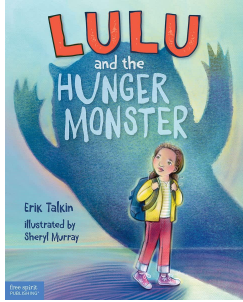
Faith the Cow - Susan Bame Hoover (Ages 4 - 9)

“Dan West, a pacifist, refuses to go to war, but instead sends cows around the world in order to feed starving children.” - Publisher's description

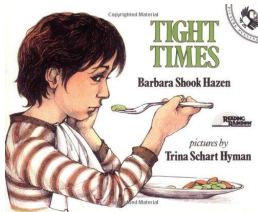


Maddi's Fridge - Lois Brandt (Ages 5 - 9)

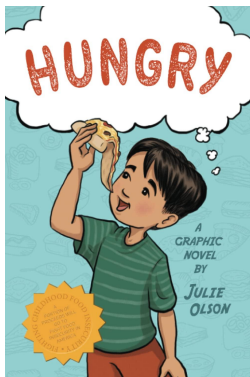
“Best friends Sofia and Maddi live in the same neighborhood, go to the same school, and play in the same park, but while Sofia's fridge at home is full of nutritious food, the fridge at Maddi's house is empty. Sofia learns that Maddi's family doesn't have enough money to fill their fridge and promises Maddi she'll keep this discovery a secret. But because Sofia wants to help her friend, she's faced with a difficult decision: to keep her promise or tell her parents about Maddi's empty fridge.” Publisher's description



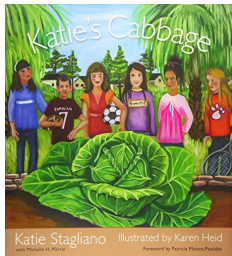
Lulu and the Hunger Monster - Erik Talkin (Ages 5 - 9) “When Lulu’s mother’s van breaks down, money for food becomes tight and the Hunger Monster comes into their lives. Only visible to Lulu, Hunger Monster is a troublemaker who makes it hard for her to concentrate in school. How will Lulu help her mom and defeat the Monster when Lulu has promised never to speak the monster’s name to anyone? This realistic—and hopeful—story of food insecurity builds awareness of the issue of childhood hunger, increases empathy for people who are food insecure, and demonstrates how anyone can help end hunger.” - Amazon description



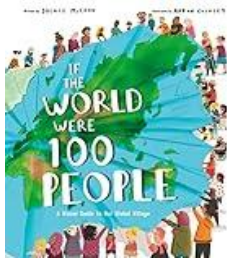
Tight Times - Barbara Shook Hazen (Ages 6 - 9) “A small boy, not allowed to have a dog because times are tight, finds a starving kitten in a trash can on the same day his father loses his job.” - Publisher’s description



Hungry: a Graphic Novel - Julie Olson (Ages 6 - 11) “Hugo, a boy who lives in the rural Southwest with his single, working mother just wants to help his third-grade class win the school kickball tournament, but unfortunately, his constant struggle with hunger and lack of food security cause all sorts of embarrassment, struggles, and issues at school and at home. Will Hugo ever get the food he needs to sustain his energy and help him feel more secure in his everyday life? And will he be able to help his class be kickball champions or cause them to lose the tournament?” - Amazon description



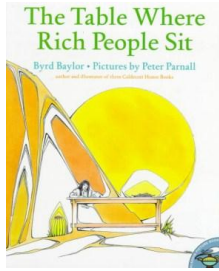
Katie's Cabbage - Katie Stagliano (Ages 6 - 12) “*Katie's Cabbage* is the inspirational true story of how Katie Stagliano, a third grader from Summerville, South Carolina, grew a forty-pound cabbage in her backyard and donated it to help feed 275 people at a local soup kitchen. In her own words, Katie shares the story of the little cabbage seedling and the big ideas of generosity and service that motivated her to turn this experience into Katie's Krops, a national youth movement aimed at ending hunger one vegetable garden at a time.” - Publisher’s description



If the World Were 100 People - Jackie McCann (Ages 7 - 10) “With almost 7.8 billion people sharing the earth, it can be a little hard to picture what the human race looks like all together. But if we could shrink the world down to just 100 people, what could we learn about the human race? What would we look like? Where and how would we all be living? This book answers all of these questions and more! Reliably sourced and deftly illustrated, *If the World Were 100 People* is the perfect starting point to understanding our world and becoming a global citizen. If we focus on just 100 people, it's easier to see what we have in common and what makes us unique. Then we can begin to appreciate each other and also ask what things we want to change in our world.”--Library of Congress ****Owned by HPL****

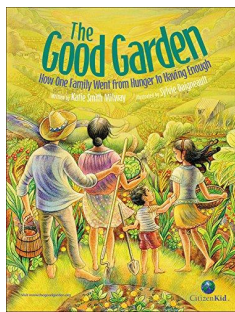


Button Soup - Doris Orgel (Ages 7 -10) “In [this] modern version of the French folktale “Stone Soup,” Rag-Tag Meg shows the neighborhood how to make a delicious pot of soup while starting with only water and an old wooden button.” - Publisher’s description ****Owned by HPL****



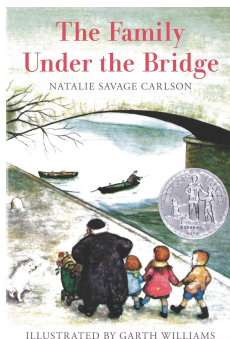
The Table Where Rich People Sit - Byrd Baylor (Ages 7 - 10)

“Mountain Girl knows her family doesn’t have enough money. But as the family sits around their scratched-up kitchen table and discusses the subject, her parents say they’re rich. Don’t her parents see her worn-out shoes or the patches on her little brother’s pants? They begin to count up the value of the things they have. How much is it worth to be able to see the sky all day and feel the wind and smell the coming rain? After a while, Mountain Girl begins to realize money may not be as important as she thought. Could her family really be rich after all?” - Publisher’s description



The Good Garden: How One Family Went from Hunger to

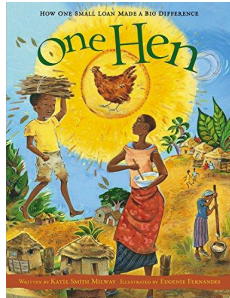
Having Enough - Katie Smith Milway (Ages 7 - 10) “Maria’s family are poor Honduran farmers, growing barely enough to eat. Then a new teacher comes to town and shows Maria sustainable farming practices that yield good crops. An inspiring story, based on actual events, that shows us how farms and hopes are transformed as good gardens begin to grow.” - Publisher’s description



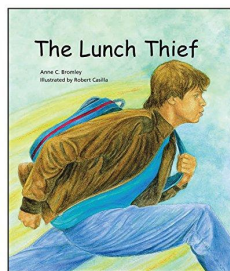
The Family Under the Bridge - Natalie Savage Carson (Ages 7 - 10)

“Armand, an old man living on the streets of Paris, relishes his solitary life in the beautiful city. He is happy with his carefree existence. With simple pleasures and no cares, what more could he need? Then one day just before Christmas, Armand returns to his favorite spot beneath the

bridge to find three cold and hungry children. Although he has no interest in children, Armand soon finds himself caring for the small family. It does not take Armand very long to realize that he must do whatever it takes to get them a real home.” - Publisher’s description



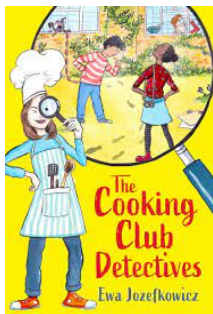
One Hen - Katie Smith Milway (Ages 7 - 10) “Inspired by true events, *One Hen* tells the story of Kojo, a boy from Ghana who turns a small loan into a thriving farm and a livelihood for many. After his father died, Kojo had to quit school to help his mother collect firewood to sell at the market. When his mother receives a loan from some village families, she gives a little money to her son. With this tiny loan, Kojo buys a hen. A year later, Kojo has built up a flock of 25 hens. With his earnings Kojo is able to return to school. Soon Kojo's farm grows to become the largest in the region. *One Hen* shows what happens when a little help makes a big difference.” - Publisher’s description



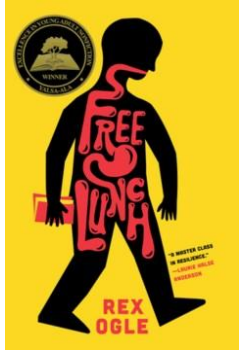
The Lunch Thief - Anne C. Bromley (Ages 8 - 12) “Rafael saw Kevin, a new kid in his class, sneak his lunch bag from underneath his desk and tuck it in his backpack. But how can he do something about the theft without picking a fight? Inspired by his mother's advice to ‘use your mouth before your fists,’ Rafael bides his time, but other kids' lunches are disappearing, too. The next day, instead of accusing Kevin, Rafael invites him to share his lunch, letting Kevin know he's been caught, but offering friendship as well as lunch.” - Amazon description



Carry Me Home - Janet Fox (Ages 8 - 12) “Two sisters struggle to keep their father’s disappearance a secret in this tender middle grade novel. Twelve-year-old Lulu and her younger sister, Serena, have a secret. As Daddy always says, “it’s best if we keep it to ourselves,” and so they have. But hiding your past is one thing. Hiding where you live—and that your Daddy has gone missing—is harder. Lulu knows that all it takes is one slip-up for their secret to come spilling out, for Lulu and Serena to be separated, and for the good things that have been happening in school to be lost. But family is all around us, and Lulu must learn to trust her new friends and community to save those she loves and to finally find her true home.” - Publisher’s description



The Cooking Club Detectives - Ewa Jozefkiewicz (Ages 9 - 12) “Meet Erin, her puppy Sausage, and friends as they swap recipes and pots for clues and culprits and try to solve the mystery of why their cookery club is closing [in this book] about family, friendship and self-discovery, touching on themes of food poverty and online bullying. Skipton House Community Centre may look ramshackle, but it is soon at the heart of Erin's life - especially the cooking club. When the building is suddenly threatened with closure, can [Erin and her new friends], and their four-legged assistant, Sausage, uncover who the mystery culprit is and save Skipton?” - Publisher’s description

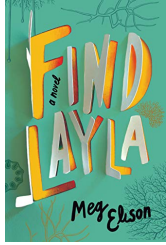


Free Lunch - Rex Ogle (Ages 9 - 12) “Instead of giving him lunch money, Rex’s mom has signed him up for free meals. As a poor kid in a wealthy school district, better-off kids crowd impatiently behind him as he tries to explain to the cashier that he’s on the free meal program. The lunch lady is hard of hearing, so Rex has to shout. *Free Lunch* is the story of Rex’s efforts to navigate his first semester of sixth grade while wearing secondhand clothes and being hungry. His mom and her boyfriend are out of work, and life at home is punctuated by outbursts of violence. Halfway through the semester, his family is evicted and ends up in government-subsidized housing in view of the school. Rex lingers at the end of last period every day until the buses have left, so no one will see where he lives.” - Publisher’s description

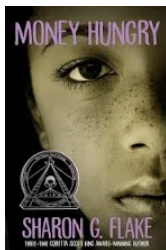
For Teens



If I Ever Get Out of Here - Eric L Gansworth “Lewis "Shoe" Blake is used to the joys and difficulties of life on the Tuscarora Indian reservation in 1975: the joking, the Fireball games, the snow blowing through his roof. What he's not used to is white kids being nice to him -- kids like George Haddonfield, whose family recently moved to town with the Air Force. As the boys connect through their mutual passion for music, especially the Beatles, Lewis has to lie more and more to hide the reality of his family's poverty from George. If George finds out the truth about Lewis's home -- will he still be his friend?” - Publisher’s description

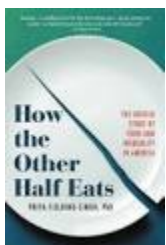


Find Layla - Meg Elison “Underprivileged and keenly self-aware, SoCal fourteen-year-old Layla Bailey isn’t used to being noticed. All she wants to do is indulge in her love of science, protect her vulnerable younger brother, and steer clear of her unstable mother. Then a school competition calls for a biome. Layla chooses her own home, a hostile ecosystem of indoor fungi and secret shame. With a borrowed video camera, she captures it all. The mushrooms growing in her brother’s dresser. The black mold blooming up the apartment walls. All the inevitable exotic toxins that are Layla’s life. Then the video goes viral. When Child Protective Services comes to call, Layla loses her family and her home. Defiant, she must face her bullies and friends alike, on her own. Now she has to figure out how to stay whole and stand behind the truth she has shown the world.” Publisher’s description



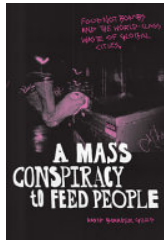
Money Hungry - Sharon G. Flake “Thirteen-year-old Raspberry Hill is starved for money. She will do just about anything legal to get her hands on the almighty dollar -- wash cars, sell rotten candy, skip lunch, clean houses. She is obsessed. She is driven. She is afraid. Memories of being homeless, sleeping in the streets, and eating handouts keep Raspberry's eye on the only prize that matters to her: cold, hard cash. But even money can't answer the questions that keep Raspberry awake at night. Will she and Momma ever move out of the projects? What did Ja'nae do with the two hundred bucks Raspberry loaned her? A haunting story of greed and forgiveness, this unforgettable novel will keep you glued to every page.” - Publisher’s description

For Adults

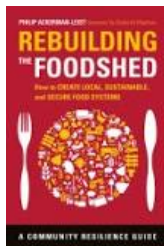


How the other half eats : the untold story of food and inequality in America - Priya Fielding-Singh, PhD “This important book ‘weaves lyrical storytelling and fascinating research into a compelling narrative’ (*San Francisco Chronicle*) to look at dietary

differences along class lines and nutritional disparities in America, illuminating exactly how inequality starts on the dinner plate.” - Amazon description



A Mass Conspiracy to Feed People: Food Not Bombs and the World-Class Waste of Global Cities - David Boarder Giles “In *A Mass Conspiracy to Feed People*, David Boarder Giles explores the ways in which capitalism simultaneously manufactures waste and scarcity. Illustrating how communities of marginalized people and discarded things gather and cultivate political possibilities, Giles documents the work of Food Not Bombs (FNB), a global movement of grassroots soup kitchens that recover wasted grocery surpluses and redistribute them to those in need.” - Publisher’s description

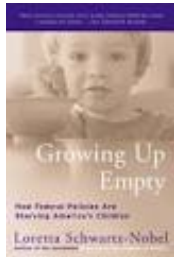


Rebuilding the Foodshed: How to Create Local, Sustainable, and Secure Food Systems - Philip Ackerman-Leist “Showcasing some of the most promising, replicable models for growing, processing, and distributing sustainably grown food, this book points the reader toward the next stages of the food revolution. It also covers the full landscape of the burgeoning local-food movement, from rural to suburban to urban, and from backyard gardens to large-scale food enterprises.” - Publisher’s description



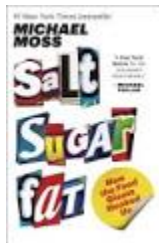
Cooking with Scraps: Turn Your Peels, Cores, Rinds, and Stems into Delicious Meals - Lindsay-Jean Hard “In 85 innovative recipes, Lindsay-Jean Hard . . . shows just how delicious and surprising the all-too-often-discarded parts of food can be, transforming what might be considered trash into culinary treasure. Here’s how to put those seeds, stems, tops, [and] rinds to good use for more delicious (and more frugal) cooking: Carrot greens—bright, fresh, and packed with flavor—make a zesty pesto. Water from canned beans

behaves just like egg whites It's pure food genius, all the while critically reducing waste one dish at a time.” - Publisher’s description



Growing Up Empty: How Federal Policies Are Starving America’s

Children - Loretta Schwartz-Nobel “*Growing Up Empty* is a study of the hidden hunger epidemic that still remains largely unacknowledged at the highest political levels and ‘an unforgettable exploration of public policy, its failures and its victims’ (William Raspberry, *Washington Post*). With skillful investigative reporting and a novelist’s humanitarian eye for detail, Schwartz-Nobel portrays a haunting reality of human suffering that need not exist.” - Publisher’s description



Salt Sugar Fat: how the food giants hooked us - Michael Moss

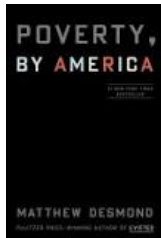
The End of Food - Paul Roberts “From a Pulitzer Prize–winning investigative reporter at The New York Times comes the explosive story of the rise of the processed food industry and its link to the emerging obesity epidemic. Michael Moss reveals how companies use salt, sugar, and fat to addict us and, more important[ly], how we can fight back.” - Publisher’s description ****Owned by HPL****



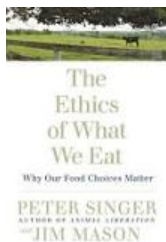
Hand to Mouth: living in bootstrap America - Linda Tirado

“As the haves and have-nots grow more separate and unequal in America, the working poor don’t get heard from much. Now they have a voice—and it’s forthright, funny, and just a little bit furious. Here, Linda Tirado tells what it’s like, day after day, to work, eat, shop, raise kids, and keep a roof over your head without enough money. She also answers questions often asked about those who live on or near minimum wage: Why don’t they get better jobs? Why don’t they make better

choices? . . . Enlightening and entertaining, *Hand to Mouth* opens up a new and much-needed dialogue between the people who just don't have it and the people who just don't get it." - Publisher's description**[Owned by HPL](#)**

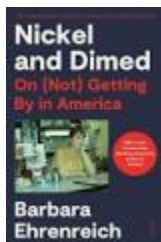


Poverty, by America - Matthew Desmond “The United States, the richest country on earth, has more poverty than any other advanced democracy. Why? In this landmark book, acclaimed sociologist Matthew Desmond draws on history, research, and original reporting to show how affluent Americans knowingly and unknowingly keep poor people poor. Elegantly written and fiercely argued, this compassionate book gives us new ways of thinking about a morally urgent problem. It also helps us imagine solutions. Desmond builds a startlingly original and ambitious case for ending poverty.” - Publisher's description **[Owned by HPL](#)**



The Way We Eat: why our food choices matter - Peter Singer & Jim

Mason “The Ethics of What We Eat explores the impact our food choices have on humans, animals, and the environment. Recognizing that not all of us will become vegetarians, Singer and Mason offer ways to make healthful, humane food choices. As they point out: You can be ethical without being fanatical.” - Publisher's description **[Owned by HPL](#)**



Nickel and Dimed: On (not) Getting by in America - Barbara Ehrenreich

“Millions of Americans work full time, year round, for poverty-level wages. In 1998, Barbara Ehrenreich decided to join them. *Nickel and Dimed* reveals low-rent America in all its tenacity, anxiety, and surprising generosity—a land of Big Boxes, fast food, and a thousand desperate stratagems for survival. Read it for the smoldering clarity of Ehrenreich's perspective and for a rare view of how "prosperity" looks from the bottom.” - Publisher's Description **[Owned by HPL](#)**



I Was Hungry: Cultivating Common Ground to End an American

Crisis - Jeremy Everett “*I Was Hungry* offers not only an assessment of the current crisis but also a strategy for addressing it. Jeremy Everett, a noted advocate for the hungry and poor, calls Christians to work intentionally across ideological divides to build trust with one another and impoverished communities and effectively end America's hunger crisis.” - Publisher's description



Retail Inequality: Reframing the Food Desert Debate - Kenneth H. Kolb

“*Retail Inequality* examines the failure of recent efforts to improve Americans' diets by increasing access to healthy food. Kolb identifies retail inequality as the crucial concept to understanding today's debates over gentrification and community development. As this book makes clear, the battle over food deserts was never about food—it was about equality.” - Publisher's description



Eating While Black: Food Shaming and Race in America - Psyche A.

Williams-Forsion “Sustainable culture—what keeps a community alive and thriving—is essential to Black peoples' fight for access and equity, and food is central to this fight. Starkly exposing the rampant shaming and policing around how Black people eat, Williams-Forsion contemplates food's role in cultural transmission, belonging, homemaking, and survival. Black people's relationships to food have historically been connected to extreme forms of control and scarcity—as well as to stunning creativity and ingenuity. In advancing dialogue about eating and race, this book urges us to think and talk about food in new ways in order to improve American society on both personal and structural levels.” - Publisher's description