

What Eating Healthy Means to Me?

Eating healthy means many things. There are many types of healthy. Health of the soul, health of the body, and health of the mind of the main concepts. To me, the most important form of eating healthfully is eating food that is healthy for your body.

Eating food that is healthy for your body is very very important. There are many children out there that are unable to eat healthfully because of lack of sufficient funds and/or scarcity that affect many third world countries throughout the world. America is based on the foundation that this land would be a better place for those that come to it, more job opportunity, the ability to do whatever you so please within the law, and less poverty. With the lunch budgets being cut short, many families have to spend more money on home lunches, thus spending more money than initially planned. If more money is restored in the school lunch program, this means less money will be spent per family, and that there will be more money to circulate into the economy, thus creating another plan to try and overturn the current economic recession. Let us take action upon hunger, and give a little to feed a lot. If the bill is passed, not only will it help feed kids, but it will help them focus more on education and extra-circular activities.

1st PLACE
Michael Whiting
Hunger Action Month
Writing Contest



1st PLACE
Cucuaq Katcheak
Hunger Action Month
Coloring Contest

Having a good breakfast, lunch, and dinner.

Eating the right amount.

Always respecting the person who made the food.

Lacking no hungry around the world.

Thanking the person who create the meal.

Having a great time eating your food without interruption.

Your health is your decision.

YUM!



Eat healthy!

RUNNER UP
Alicia Silcott
Hunger Action Month
Coloring Contest