

A STATEMENT FROM A BOSTON WOMAN

(taken from Nutrition: Concepts and Controversies, Chapter 14, Nutrition Status: Domestic and World)

NOTE TO TEACHER: Before reading **A STATEMENT FROM A BOSTON WOMAN** and **SAM'S STORY**, discuss reasons why people in the United States go hungry.

I've had no income and I've paid no rent for many months. My landlord let me stay. He felt sorry for me because I had no money. The Friday before Christmas he gave me ten dollars. For days I had had nothing but water. I knew I needed food; I tried to go out but I was too weak to walk to the store. I felt as if I were dying. I saw the mailman and told him I thought I was starving. He brought me food and then he made some phone calls and that's when they began delivering these lunches. But I had already lost so much weight that five meals a week are not enough to keep me going.

I just pray to God I can survive. I keep praying I can have the will to save some of my food so I can divide it up and make it last. It's hard to save because I am so hungry that I want to eat it right away. On Friday, I held over two peas from the lunch. I ate one pea on Saturday morning. Then I got into bed with the taste of food in my mouth and I waited as long as I could. Later on in the day I ate the other pea.

Today I saved the container that mashed potatoes were in and tonight, before bed, I'll lick the sides of the container.

When there are bones I keep them. I know this is going to be hard for you to believe and I am almost ashamed to tell you, but these days I boil the bones till they're soft and then I eat them. Today, there were no bones.