

## Quotes about Hunger

O God, to those who have hunger give bread,  
and to us who have bread give the hunger for justice.

*Prayer from Latin America*

“Lack of work worries me. My children were hungry and I told them the rice was cooking, until they fell asleep from hunger.”

*Mother in Egypt* “Grace at the Table,” Beckmann and Simon

“When you are hungry, you can’t think about anything else.”

*Juana “Janie” Mendez, 17, U.S.,* “Grace at the Table,” Eeckmann and Simon

“It wasn’t my turn.”

*Response of a U.S. child who had fallen asleep at school when asked if he had eaten breakfast that morning,* “Grace at the Table,” Beckmann and Simon

“We still haven’t eaten anything today.” *Marie Theresa Maynard, Haiti*

“If you can’t feed a hundred people, then just feed one.” *Mother Teresa*

“I skip meals so I can feed my [surviving] children. I borrow, I even lie to somehow get money to feed them. Poverty breaks you down but you should be hopeful and strong.”

*Delhi mother who lost two children to malnutrition*

“What is poverty? To come home and see your children go hungry and not have anything to give them.” *Mother in Brazil,* “Grace at the Table,” Beckmann and Simon, 1999

## Quotes about Hope

Grant, O Lord, that with your love,  
I may be big enough to reach the world;  
and small enough to be one with you.

*Mother Teresa of Skopje and Calcutta*

You, who are the source of all power,  
Whose rays illuminate the whole world,  
Illuminate my heart  
So that it too can do your work

*Hindu Prayer*

“Overcoming poverty is not a gesture of charity. It is an act of justice.” *Nelson Mandela*

“One person can make a difference and everyone should try.” *John F. Kennedy*

“He who has health has hope; and he who has hope has everything” *Arabic Proverb*

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## Quotes about Water

“I go to collect water four times a day, in a 20-liter (5 gallons) clay jar. It’s hard work! I’ve never been to school, as I have to help my mother with washing work so we can earn our money. Our house doesn’t have a bathroom. If I could alter my life, I would really like to go to school and have more clothes.” *Elma Kassa, 13- year old girl, Ethiopia*