

**Myth: There's not enough food to go around.**  
**Reality: There's enough food in the world to make most people fat!**

Enough food is available to provide at least two kilos per person a day world wide. Even most "hungry countries" have enough food for all their people—many are net exporters of food.

**Myth: Nature is to blame.**

**Reality: Food is always available for those who can afford it—starvation in hard times hits only the poorest, when natural events are the final push over the brink.**

Millions live on the brink of disaster because they are deprived of land by a powerful few, trapped in the grip of debt, or miserably paid. Human institutions and policies determine who eats and who starves. In the West many homeless people die from the cold every winter, yet responsibility doesn't lie with the weather.

**Myth: There are too many people in the world to feed.**

**Reality: Birth rates are falling rapidly worldwide; nowhere does population density explain hunger.**

Rapid population growth is a serious concern for many countries. But for every Bangladesh—a densely populated and hungry country—we find a Nigeria, Brazil, or Bolivia, where abundant

**Myth: Free trade is the answer.**

**Reality: In many poor countries exports of food crops have boomed, squeezing out food for local production, while hunger has continued.**

Where the majority of people have been made too poor to buy the food grown on their own country's soil, those who control agricultural resources orient production to lucrative markets abroad.

**Myth: It is a trade-off: the environment or food.**

**Reality: Industrial agriculture is degrading soil and undercutting our food production sources. Environmentally sound alternatives can be more productive than destructive ones.**

Some large corporations are responsible for deforestation and negligent use of pesticides in Third World countries.

# Myths about



# World Hunger

*"For I was hungry and you gave me food....whatever you did for one of these least brothers of mine, you did for me."*

*From Matthew 25:35-40*

Facts taken from [Education for Justice](http://www.educationforjustice.org),  
[www.educationforjustice.org](http://www.educationforjustice.org)

**Myth: The victims are too hungry to fight for their rights.**

**Reality: Wherever people suffer needlessly they are also fighting for their rights. People in the rich world can help to remove the obstacles to those rights.**

If poor people were truly passive, few of them could even survive. Around the world movements for change are underway.

**Myth: We need large farms.**

**Reality: Small farmers achieve 4 to 5 times more output per acre; land reform can increase production.**

Redistribution of land can increase production. A World Bank study of northeast Brazil estimates that redistributing farmland in to smaller holdings would raise output by an astonishing 80%.