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Hungry or food insecure households often have little choice in what they eat because they are reliant on the donation stream of the emergency food system. Poor diet is directly related to multiple negative health outcomes such as diabetes and obesity.

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*“There is nothing harder in the world than poverty. It is the hardest kind of suffering in the world.”*

– Midrash

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## FOR REFLECTION

Poor health is just one possible painful result of poverty. What other types of suffering are related to poverty?

Poverty often isolates people when they are most in need. How does isolation add to a person’s suffering?

Do you agree that poverty is the hardest kind of suffering in the world?  
If yes, why?  
If not, why do you think the rabbis would have said this?



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May the  
**kavod/dignity** of your  
fellow be as dear to you  
as your own.

Pirke Avot/Ethics of our Ancestors