

Spread the Love with Food with World Food Day on October 16

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Over 820 million people worldwide suffer from chronic undernourishment. Simultaneously, over 672 million people suffer from obesity. These statistics clearly exhibit the imbalance of resources, income and food distribution throughout the world.

[World Food Day](#) on October 16 reminds us that there are millions of people who do not have access to healthy, affordable food— one of the most basic human needs. Established in 1979 to honor the inception of the United Nations' (UN) [Food and Agriculture Organization](#) (FAO) in 1945, people from across the world come together on this day to commit to eradicating hunger.

Here are a few ways you can participate:



Share Healthy Treats

Spread love to the people around you through nutritious and delicious food. Bring in a treat to the office or the classroom. Try some of [these recipes](#) for healthier alternatives to the baked goods you love. Also, test out your cooking skills with one of these easy and affordable [dinner recipes](#). If you don't have time to cook or bake, check out this list of [healthier options](#) offered at your favorite fast food chains, and share with your family, friends and tribe.

Grow Your Own Vegetables and Herbs



Growing your own food is beneficial for the environment -- and your tastebuds. There are many vegetables and herbs you can cultivate from your own home. Some herbs are easy to grow from seeds, like basil, cilantro, parsley and dill. Others make great houseplants, like mint, oregano, chives, and again, basil. Or, skip the growing step and buy an herb that's already planted in a pot -- it will just require a little basic love and care.

[Read here](#) to learn some useful tips and tricks for creating and maintaining your own mini herb and vegetable garden.

Get Involved

If you would like to learn more ways to get involved, visit the official World Food Day [website here](#). You can share #WorldFoodDay or #ZeroHunger on social media to increase awareness and encourage healthy eating. If you are under the age of 20, FAO is hosting a World Food Day Poster contest. Learn more about it [here](#).

As Dr. Alan D. Wolfelt, an American author, educator and grief counselor, said, "Food is symbolic of love when words are inadequate." So don't forget to spread the love on World Food Day by sharing some nutritious treats!