



## **SODEXO STOP HUNGER FOUNDATION SUSTAINABILITY STORIES: ANNA SUN & THE**

# LITTLE STARS FOUNDATION

GLOBAL GOAL # 2 ?

## ZERO HUNGER

At sixteen-years-old, Anna Sun of Canton, Michigan, is making a huge impact on childhood hunger in her community. Anna and her siblings founded [The Little Stars Foundation](#) in 2007 with the mission “to promote youth music education in the local community and to provide an outlet for children who love music and care about senior citizens.” Noticing that childhood hunger was a growing issue in Canton and the greater Detroit area, Anna added nutrition lessons and food donation to the children’s workshops. YSA awarded Anna with a [Sodexo Stop Hunger Foundation](#) \$400 Global Youth Service Day (GYSD) grant to use for her nutrition workshops and an additional \$400 sustainability award to continue her hunger eradication efforts throughout the summer.

Over the GYSD weekend, Anna and members of The Little Stars Foundation organized a series of events to raise awareness around childhood hunger, educate the community on proper nutrition, and donate food and supplies. Connecting her love of music with ending hunger, Anna and friends performed a benefit concert at a local senior center, handing out 150 brochures with childhood hunger facts and information about healthy eating on a budget. The group also organized the “Stamp Out Hunger” food drive in partnership with [Forgotten Harvest](#), producing 3,500 bags to collect donations that included a note about childhood hunger to raise additional awareness. On April 25, the team picked up the bags, rescuing more than 3,000 pounds of food. Finally, they hosted a “healthy eating on a budget” workshop that empowered low-income families to use nutrition information to make healthy and affordable food choices. To sustain her GYSD efforts, Anna is conducting a summer workshop, covering healthy eating on a budget, and running another food rescue event.



Anna shared her thoughts on the impact that youth can make within their own communities.

**YSA: WHAT HAS BEEN YOUR FAVORITE PART OF YOUR SODEXO STOP HUNGER GYSD PROJECT?**

Anna: My favorite part of our Sodexo Stop Hunger GYSD project is being able to see the impact we are making in the world. This year, we raised awareness for the Stop Hunger Campaign and organized youth to host the Stamp Out Hunger food drive. Additionally, we helped rescue food with Forgotten Harvest in Detroit. Reaching our goal of rescuing 2000 pounds of food and having collected 3,500 folded bags proved to me that I've been able to help in this project to help end hunger for my neighbors in need.

**YSA: WHAT IMPACT CAN YOUTH HAVE IN IMPROVING THEIR COMMUNITIES? WHY?**

Anna: The feats we have accomplished in the last few years show how much of an impact youth can make. Youth know their generation, and if they are aware of the needs and issues that their community is facing, they have the power to change the world. Youth can connect with others in the age of rising social media, bringing people together to make an impact.

**YSA: WHICH ORGANIZATIONS DO YOU WORK WITH AND WHY?**

Anna: My siblings and I founded The Little Stars Foundation in 2007. Every year, we organize a group of young musicians to visit local nursing homes with free holiday concerts and gifts. We also provide free music workshops to help kids to start learning how to play an instrument

when they otherwise would not have an opportunity to do so. In recent years, I realized the importance of fighting hunger in my community because in Michigan alone, four million households are at risk of hunger. As a result, I decided to work with organizations such as Forgotten Harvest because we all had one united goal of stopping hunger.



### **YSA: HOW HAS THE SUSTAINABILITY FUNDING ALLOWED YOUR PROJECT TO GROW?**

Anna: One in six children in America are at risk of hunger and one in three children in America age 2-19 are overweight or obese. Childhood hunger and health issues are critical for my generation, and the funding allowed my project to address both childhood hunger and childhood obesity at the same time. Since healthy food like fresh vegetables and fruit are more expensive than processed food, families in poverty have higher risk of obesity.

In response to this, we developed a curriculum on eating nutritiously while on a budget. The curriculum taught children how to make choices that reinforce healthy behaviors, including being physically active and eating nutritious foods. While the workshop served as an educational program for children regarding fighting hunger and eating healthy on a budget, it also encouraged participating children to go back to their schools or communities to advocate the issues we emphasized in our curriculum.

The sustainability funding helped us to reach our goal by giving us a chance to further develop the curriculum and reach out to more people by allowing us to offer workshops every year and reach out to more school districts.

### **YSA: HOW HAS SUPPORT FROM SODEXO STOP HUNGER FOUNDATION**

## CONTRIBUTED TO YOUR ACCOMPLISHMENTS?

Anna: Sodexo Stop Hunger Foundation and Youth Service America are not just providing the funds my group needs to reach our goal, but they are also providing the guidance, inspiration, and resources to help me grow as a youth leader to serve and impact my community.

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