A compilation of 20 award-winning poems written by children under ten, to inspire a hunger free future
“Each of the poems inspired us to imagine a time when we can say bye bye, hunger and what we can all do to help make this happen.”

EMMA REVIE

“Every poem is incredibly well written & creative, and it was great to see how much understanding and empathy these young children have when it comes to hunger.”

GARY TURK

“These inspirational poems are a powerful rallying call to our society. Failure to provide a secure upbringing to every child will be a loss to us all.”

JED MERCURIO

“All these young poets clearly engaged with the problems of hunger and like all great poets, they help us to imagine what it would feel like to stand in someone else’s shoes.”

ALLIE ESIRI

“I was so impressed by the energy and the range of approaches. These young people showed so much imagination, but also great sensitivity in tackling the subject of hunger, and making readers sit up and pay attention.”

JUDITH PALMER – CEO, THE POETRY SOCIETY

“I loved the clarity of the messages around the importance of kindness and sharing – so obvious to young people, less so to us grown ups! Also what fabulous illustrations!”

JUSTINE ROBERTS MBE

“They all had something special about them. Well done everyone.”

LEVI ROOTS

“Absolutely loved all the poems. They all had something special about them. Well done everyone.”

RICHARD OSMAN

“What a talented set of young poets! Very impressive from everyone.”

DOM JOLY

“A very high standard of finalists’ poems, demonstrating the empathy young children have.”

THE ANONYMOUS MOTHER

“These were all wonderful poems, with some very imaginative illustrations and the young poets showed such empathy and understanding of the circumstances that might lead to children like themselves being hungry.”

CRESSIDA COWELL

“I loved all the poems and the illustrations really helped to bring them to life. I think this set of poems were so impressive as not only were they creative and interesting with lots of brilliant vocabulary, they also managed to show great amounts of empathy.”

KIRI PRITCHARD-MCLEAN

“Excellent effort from all the children involved in writing their wonderful poems. They all get a ‘ten from Len!’”

LEN GOODMAN

“A wonderful standard of poems from everyone involved, showcasing creativity, wit and empathy.”

TAMZIN OUTHWAITE
Russell the Robin flutters home,
He’s tired he only weighs a stone
His tummy rumbles and he dreams of apple crumbles
He knows the cupboards at home are bare
So food for him is very rare
His parents work really hard but have no money
So sometimes Russell has an empty tummy
Russell does get some food at school
But the holidays can be very cruel
To get help it is clear that Russell must
Ask for help from the Trussell Trust
“Bye, bye hunger!”

By Teddy – Age 7
Another day with no food,
I’m always in a bad mood,
Dad was sad he lost his job,
Having no hay makes me hungry,
I’m so starving,
Really hoping for food,
Even when I sleep,
I keep dreaming about cookies,
And marshmallows,
Really hope a day will come,
And we get food but this isn’t the day but maybe soon,
“Bye, bye hunger!”

By Abbey – Age 9
Bubbles sprinkled all around the Sea
As nothing was following me
I swished all around, but nothing was found
Nothing to eat but a tree
Something grey fluttered close by
As though it just cried
I lurched to it like a bullet, so I could pull it
But then let out a big sigh
I remember the time I used to plunder
When the seas were a wonder,
I woke up in the night, with a terrible fright
And I said “bye, bye hunger!”

By Alicia – Age 8
Alice the unicorn has not got any money
She can’t go to the shop to buy her breakfast
She’s hungry and angry and in a bad mood
Her tummy is very grumbly
She wished that she had dinner
She could magic up some food with her magic unicorn horn
Or she could ask her friend Jem to buy her some tea
Her friend was kind and gave her some food for supper
Alice was full up and very happy again
“Bye, bye hunger!”

By Annabelle – Age 6
Hunger lived in an empty cave.
The school was silent.
There were no school dinners.
Hunger grew bigger
As the children grew thinner.
The children got sad. Hunger was glad.
No food for so long. Hunger grew strong.
The bell rang for a new school year.
The children let out a cheer!
“Bye, bye Hunger!”

By Arlo – Age 7
Dr Scruff was hungry, Dr Scruff was angry, Dr Scruff was hangry. Dr Scruff had lost one eye from Doctoring and was fired in a flash. Dr Scruff had no money, he had no house, he had nothing to do, nothing to eat. Mr Doo, Dr’s neighbour, kindly lent some food and water and let him stay in his house. Dr Scruff is now not hungry, nor angry, nor hangry. He was happy and full. He was ha-full. “Bye, bye hunger.”

By Ava – Age 8
Katie was hungry,
She never ate,
Her dad lost his job and also his fate,
Katie felt ill,
What could she do with dad so still?
As for mum,
She never stopped working,
She worked as a maid,
But did not make much money,
All She could afford was a jar of honey,
Until Katie got a job as a postwoman and made them some money,
“Bye, bye hunger!”

By Bella – Age 9
I’m Samuel the Salamander and
I’m desperate to eat,
I ask mum and dad
for some food or a treat,
But the cupboard is empty
they’re really quite bare
I looked very hard but there’s
nothing in there,
But then I saw something which
cheered up my day,
A food bank to feed us so we have energy to play,
“Bye, bye hunger!”

By Carla – Age 8
My name is Hank the Cat and I live with my humans
I’m called Hank Marvin because I’m always starving!
   But lately I’ve been REALLY HUNGRY!
   I used to get treats and even 2 breakfasts!
   But now there is no food in the cupboards :-(
   Even when I cry, my bowl is empty
   and my tummy rumbles LOUDLY
One day my humans came home with a box from the food bank
I ran to see what it could be? There was lots of food, and tuna for me!
I ate the tuna and sat in my box, my tummy was full and I felt happy!
I hope there will be more food tomorrow
   So we can say “bye, bye hunger!”

By Dylan – Age 5
I'm hungry, I'm hungry
Someone help me
I'm hungry
There's no food in my pantry
I'm hungry, I'm hungry
I don't have any money
I'm hungry, I'm hungry
Can you help me
Be unhungry
So I'm hungry
No longer?
“Bye, bye hunger!”

By Eddie – Age 6
Alison the Alien’s parents didn’t have money. Even when they did she still went hungry. It made her angry not happy. Nothing made a smile on her face. Her mum losing her job wasn’t a good case. Alison spent her days dreaming of food. Her parents tried in many ways to keep her smiling. One day they got food from a foodbank. “Bye, bye hunger!”

By Ellena – Age 9
Hungry hungry super hungry all I need is food.
I will eat anything I'm super hungry please give me food.
Help me now help me.
Now my stomach is churning badly.
I really need food.
I really need food please give it now.
I'm getting super duper hungry please help me.
I am getting ill.
And need food now.
“Bye, bye hunger!”

By Ethan – Age 9
Ollie was very hungry
Dragging himself under.
He was thinking of food
But not in a great mood.
His jars with treats were empty.
He wanted to get plenty.
So he looked under rocks.
And even in his Grandma’s socks!
He searched all day and all evening.
So then he looked under his bed.
And then he found treats and sweets so he said.
“Bye, bye hunger!”

By Gabija – Age 8
Her name is Bibbly Blob
From the overturned planet of Sob
Every time she’s hungry, she goes “bluh”
Rumbly, up, down tummy
Her planet is hot
It never rains
No water
It used to be beautiful
And then something went wrong
The beauty disappeared
The magic word is share
“Bye, bye hunger!”

By Leah – Age 4
Hope was hungry,
She was stressed she was starving
Her Mummy had lost her job
Every day the poor koala dreamt of having some food
Hope’s Dad was hangry every night
Every day she said to herself “I hope one day I will have some food to share”
It was a very sad life for her
She was angry, hungry stressed and sad
To make her happy all she would want would be to have at least a little food
So she climbed up a tree and found some fresh leaves and brought some down
And she dreamt of saying
“Bye, bye hunger!”

By Lilya – Age 9
My name is Wolfy
I am hungry
There's nothing in the fridge
There's nothing in storage
I'm worried, I'm scared
I wish someone shared their food with me.
I don't want to lie but I might die.

By Raphael – Age 7
Let's all be kind.
Hold in our mind.
What it is to be small.
With no food at all.
Let’s help each other.
Like sister and brother.
Give a little or a lot.
But let’s fill up every pot.
“Bye, bye hunger!”

By Robyn – Age 8
The alien was hungry,  
Because the crops didn’t grow.  
If there weren’t any food banks,  
He’d think his life would go.  
But there were the food banks,  
That saved his life that day.  
Because he didn’t go hungry,  
He shouted out, “Hooray!”

The next year the crops did grow,  
And he could have each meal before slumber.  
He finally could do it,  
He could now say, “Bye, bye hunger!”

By Sam – Age 9
The cupboards are empty
    The fridge is bare
    All because
    My dad lost his job
I dream about all the food
    Keeping my energy up
    I would play with my friends
    And laugh with my family
But no more food for my family
    The help was needed
I needed the food so I could say
    “Bye, bye hunger!”

By Sophia – Age 9
Modrog Monster is hungry
His mum and dad have lost their jobs
So he lives in extreme poverty.
He has five siblings
So there's never enough food to go round.
Monstery days without food
Means that he is mostly in a bad mood.
Modrog would dream
Of always
Having enough food
And Modrog wants to say
“Bye, bye hunger!”
Feeling inspired?
Join us at trusselltrust.org/hungerfreefuture

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