

## Introduction

Hunger remains a significant issue for many individuals in Kigali, the capital of Rwanda. Despite the city's economic growth, a considerable portion of the population struggles with food insecurity. This document sheds light on those suffering from hunger, exploring the factors behind it, the impact on individuals, and some current efforts to alleviate the problem.

## Who is Affected?

In Kigali, hunger primarily affects vulnerable groups, including low-income families, unemployed individuals, and children from impoverished households. Many live in informal settlements where food is scarce and access to basic needs is limited. Rising food prices and unemployment have only worsened the situation for these individuals, leading to high levels of food insecurity.

## Key Factors Contributing to Hunger

Several factors contribute to hunger in Kigali, including:

1. **Economic Challenges:** Low-income levels and high living costs leave many families unable to afford basic food items.
2. **Unemployment:** A lack of job opportunities means that many people do not have the means to buy sufficient food.
3. **Climate and Environmental Issues:** Droughts and erratic weather patterns affect food supply, making it harder for people to access affordable, nutritious food.
4. **Urbanization:** Rapid urban growth has led to overcrowding and limited resources, putting pressure on the availability of affordable food.

## Impact on People

The effects of hunger are severe, especially for children, who may suffer from malnutrition, stunted growth, and developmental issues. Adults facing hunger often experience decreased productivity, mental health issues, and weakened immunity, increasing their vulnerability to illness.

## Efforts to Help

Local organizations, government agencies, and community groups are working to combat hunger. Programs provide food aid, while others focus on economic empowerment initiatives, like skill-building and employment support, to help people gain financial independence and improve food security.

Hunger in Kigali is a critical issue affecting many individuals, particularly vulnerable and low-income groups. Addressing this requires a multi-faceted approach, including economic support, community involvement, and policy initiatives to ensure that everyone has access to basic food needs.