

## Literature Analysis of Nutrition in South Africa and How SA Harvest Aims to Improve Nutrition

**Authors :** Ali Conn, Kimberly Allen

**Abstract :** Food and nutrition play a significant role in humans. It helps them function, grow, and develop into better individuals. However, as essential as food may seem to most people, it is not the case for everyone. South Africans, for example, have been suffering from hunger and poverty for the longest time now. With the spread of the COVID-19 virus, their situations have become worse. Millions of children and their families do not have access to food, hence no proper nutrition. They could barely make ends meet, so they make sure to make the most of what little they have for their household. Fortunately, organizations like SA Harvest aim to end hunger in South Africa. However, they still need to know more about how they can help South Africans with their current diet. Currently, most of the diets are composed of maize and rice. They do not have much to spend on fruits, so these commodities are seen as a luxury. With the help of organizations like SA Harvest, South Africans will be educated and more aware of what they need to eat.

**Keywords :** nutrition, public health, SA Harvest, food

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