

Dear Prime Minister,

First of all, congratulations. You know how much power you wield now, and I'm sure that you want to make change.

You could even change the lives of some of the 900,000 children living in food poverty. Make their lives more than a fight for survival. Make it so that whole families aren't living on the yellow stickers in supermarkets. Make it so they are not climbing the ladder of success on an empty stomach. You could make it so children without food security could have one meal a day at school. Extend free school meals to every family in receipt of Universal Credit.

You must have a lot on your mind, one of those being the pressure on the NHS. Some of that pressure is coming from childhood obesity, with levels sky high. When I was nine, the NHS came to my school. They weighed every child in my year and I was one of two children pulled aside and told to my face that I was obese. Eat less, they said.

They missed the fact that I couldn't eat less. Most days, I wouldn't eat breakfast, at school I had an average packed lunch of a sandwich, snack and drink. We didn't get free school meals. Dinner was pasta - it's cheap and filling, and easy to feed a family of four. Like hundreds of thousands of children in the UK, it didn't matter how many lengths of the city I walked - I was obese. I needed to eat less than the little that my parents could afford.

You could change children's stories, they haven't been written yet. Extend free school meals to every household in receipt of Universal Credit. Change what food is 'affordable', make it something other than processed, frozen and beige. You would decrease pressures on the NHS, but most importantly - you would save lives.

Food poverty is life or death. It hurtles you towards an early grave.

Could you imagine doing all you did to get here on an empty stomach?

Would you have still made it?

Yours sincerely,

Saf, Portsmouth

Saf is an ambassador for The Food Foundation, where they campaign in their own community and on a national level for the right of all people to be able to access healthy and affordable food.

