



2 ZERO
HUNGER



SUSTAINABLE
DEVELOPMENT **GOALS**

NURSERY RHYMES OF OUR TIMES

ZERO HUNGER

Suvasri De



Waste less food and support local farmers



2 ZERO HUNGER



SUSTAINABLE DEVELOPMENT GOALS

Preface

Nursery Rhymes of Our Times – A Global Effort by Young Hearts-brought together by GlobalSocial-network e.V.

This rhyme book is part of a very special series called "Nursery Rhymes of Our Times."

It is based on the 17 Sustainable Development Goals (SDGs) set by the United Nations.

These goals include important issues like Zero Hunger, No Poverty, Gender Equality, Quality Education, and many more.

TOGETHER
WE ARE
STRONG!



Created by Children from Around the World

This entire project was Created in collaboration between children and youth groups from Thuringia and other parts of Germany, together with partners from GlobalSocial-network e.V. across the world.

Young minds from different countries worked together with Creativity and Care.
They shared ideas, sang songs, made drawings, and helped turn big world problems into rhymes that little children can understand.

Step 1:

17 Goals – 17 Songs

Each team chose one sustainability goal.
They had online discussions and shared ideas to understand the issue. Then, together, they wrote songs that explain the goal in a simple and musical way.
17 goals – 17 teams – 17 songs.



SDG 2- NO HÜNGER
Discussion & Song
writing team :



Step 2: Songs Become Music Videos

Next, these songs were turned into music videos. Each country added its culture, traditions, and colorful visuals to the videos. This made the songs come alive and helped show the beauty of our global teamwork.

Step 3: Drawings by Children

The music and teamwork inspired children to create drawings. They used colors and shapes to express what they had learned and felt.

These drawings came from deep conversations, new ideas, and global friendships.



SDG 2- NO HUNGER
Music video done by :



Step 4: From Drawings to Rhymes

These drawings and ideas inspired Indian children's writer Suvasri De, who is also a partner of Global Social India.

She wrote 17 nursery rhymes, one for each goal, using the drawings made by children from around the world.

Suvasri believes that today's children need rhymes that talk about real problems in today's world, and real ways to solve them.



The Journey Continues...

The project doesn't end here.

GlobalSocial-network e.V. is working on more exciting projects—

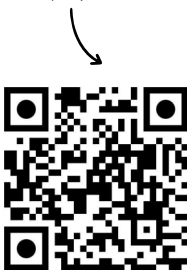
like children's theatre, storytelling, and educational programs—to keep raising awareness and inspiring young minds everywhere.

Together, one step at a time, we can build a kinder, fairer, and more peaceful world.

Let's start with a rhyme.

Welcome to Nursery Rhymes of Our Times –
Created by Children, for Children, Around
the World.

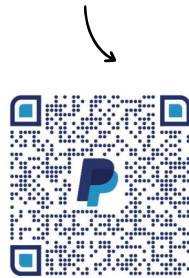
To listen to all
17 SDG songs
scan here



To watch
music video
scan here



To contribute
to our project
scan here



1. Grow, Grow Farmer Joe

Grow, grow, Farmer Joe,
Seeds in rows begin to show.
Corn and carrots, beans so green,
Food for all — fresh and clean!



2. No More Empty Plates

Empty plates are sad to see,
Let's fill them up with rice and pea.
Share your food and waste no more,
Together we can feed the poor.



3. Tiny Seed, Big Meal

Tiny seed in the ground,
Sun and rain all around.
Up you grow, strong and high,
To hunger we all say - goodbye!



4. Eat What You Take

Take what you eat, eat what you take,
Don't let your food go to waste for cake.
Finish your bite, it's kind and right,
So no tummy stays empty at night.



5. Thank You, Local Farmer

Thank you, farmer in the field,
For every crop that you yield.
Veggies, fruits, and grains that grow,
Make our meals a happy show!



6. Hunger is Not a Game

Hunger is not a fun,
It's a problem for everyone.
Let's share meals, help and care,
So all the world gets their fair share.



7. A Bowl for You, A Bowl for Me

A bowl for you, a bowl for me,
A bowl for kids across the sea.
Let's make sure each bite we chew,
Leaves a smile, fresh and true!



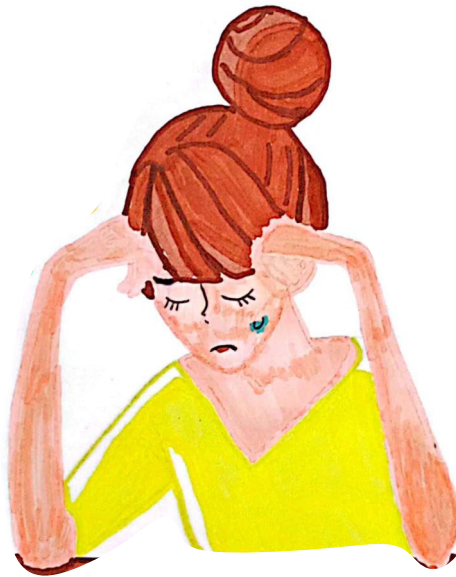
8. Waste Not, Want Not

Don't throw rice, don't toss bread,
Save those crumbs for mouths unfed.
Keep it fresh and store it right,
Turn each snack into delight.



9. The Hungry Bellies March

Marching feet, rumbling tums,
Looking for where dinner comes.
Let's make kitchens full and bright,
Feeding bellies every night!



10. Magic Market Day

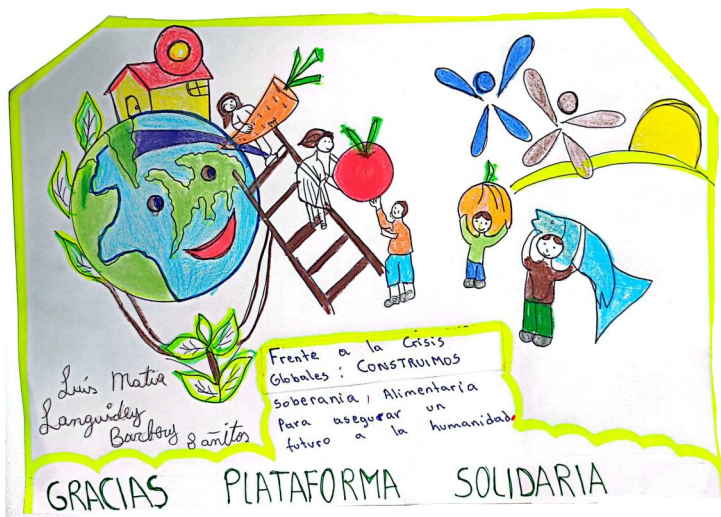
At the market, fruits to buy,
Apples, mangoes stacked up high.
Buy from farmers, help them grow,
That's the way the good winds blow!



Escaneado con CamScanner

11. Little Tomato Song

Little tomato red and round,
Grew from love deep in the ground.
Chop it up, eat every slice,
Food is life — oh, how nice!



12. Sharing Spoon, Sharing Heart

One small spoon, two big smiles,
Traveling over hungry miles.
Sharing food is kind and smart,
It fills the world with loving heart.



13. Grain Rain

Raindrops fall on seeds below,
Up come grains that help us grow.
Wheat and barley, rice and rye,
Fill our plates as days go by



14. Mama Says, "No Food Waste"

Mama says, "Clean your plate,"
Don't toss food — don't be late!
Leftovers make a brand-new dish,
Helping those with just one wish.



15. The Farmer's Dance

Hoe and plough, and tractor beep,
Farmers work while we still sleep.
Let's cheer loud and clap our hands,
For food that grows on local lands.



16. Rainbow on My Plate

Red tomato, greeny kale,
Yellow corn in every pail.
Food of colors, strong and right,
Makes our future big and bright!



17. The Food Train

Choo-choo comes the food train fast,
Taking meals from first to last.
Across the hills and through the rain,
Bringing food to ease the pain.



18. Lunchbox Heroes

Lunchbox packed, what's inside?

Carrots cut and apples dried.

We won't waste a single bite,

Hunger loses every fight!



Escaneado con CamScanner

19. All the World Should Eat

All the world should eat and sing,
Not one child without a thing.
Let's be givers, kind and true,
That's the best thing we can do!



20. One World, One Plate

One world, one plate, let's all share,
Every bite, with loving care.
No child hungry, no tummy sore,
Let's keep filling plates some more!



21. I'm a Little Farmer

I'm a little farmer, brave and proud,
Planting seeds and shouting loud.
“Food for all, that's our goal,”
Working hard to feed the whole!



22. Bye Bye Hunger

Bye bye hunger, go away,
Come again no other day.
We want food that's fresh and sweet,
Nutritious meals we all can eat.



23. The Picnic Promise

We packed a picnic, yum and neat,
No food wasted, all to eat.
Crumbs for birds, peels in the bin,
Zero waste is how we win!



24. Stomach Song

My stomach sings when food is near,
But some friends don't have food, I hear.
Let's be kind and give a share,
Show the world we truly care.



25. Garden of Hope

In the garden, seeds we sow,
Hope and veggies start to grow.
Water, sun, and love we lend,
Till hunger finds a happy end.



26. A Little Seed's Dream

A little seed said, "Let me grow,
To help the hungry, don't you know?"
Sun and water, love and light,
Made it food — oh what a sight!



27. Don't Let It Rot

Don't let fruit go to rot,
Cold or warm, eat it hot!
Leftovers are gold, not trash,
Turn them into a tasty mash!



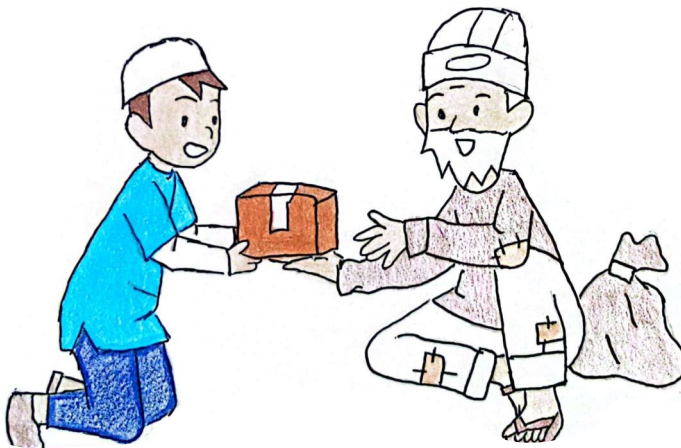
28. Farmer's Hat

Farmer wears a dusty hat,
Grows our food — imagine that!
Let's thank her with a grateful cheer,
For every bite we hold so dear.



29. Full Bellies, Happy Smiles

Full bellies, happy smiles,
Walking strong for many miles.
When we care and when we share,
Smiles bloom everywhere!



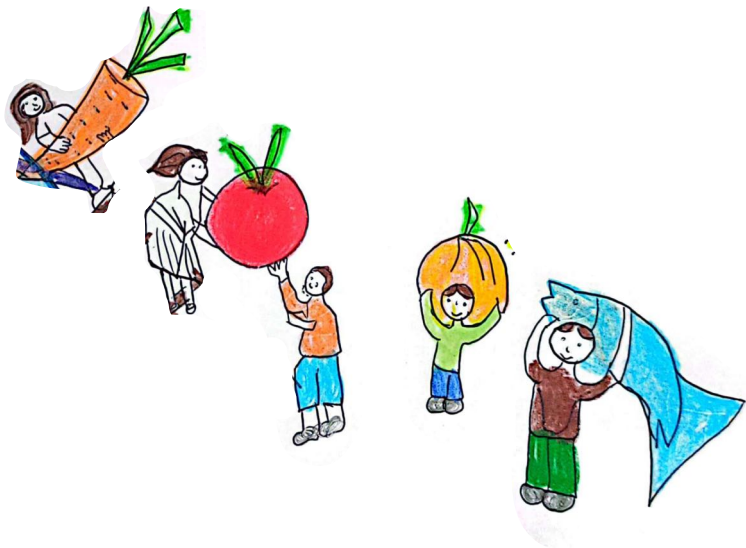
30. Kitchen Kindness

In the kitchen, pots go “pop!”
Don't waste rice or let food drop.
Every grain and veggie bite,
Matters in the world's big fight.



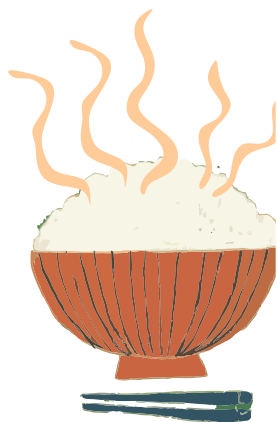
31. Fruits and Veggies Parade

Fruits and veggies marching past,
On our plate, they go so fast!
Crunchy, juicy, sweet and bright,
Fueling kids with all their might!



32. Food is Magic

Food is magic — it can heal,
A bowl of rice, a simple meal.
Let's make sure all kids can eat,
And get up strong on their two feet!



33. The Sharing Spoon

Pass the spoon, pass the bowl,
Sharing food is kind and whole.
What I eat, you can too,
That's the nicest thing to do!



34. Milk for Me, Milk for You

Milk for me, milk for you,
Gives us strength and kindness too.
Dairy, grains, and fruits so sweet,
Make our health and hunger beat!



35. Fields of Gold

Fields of gold, waving wheat,
Under sun and farmer's feet.
Let us not waste a single grain,
Or all the work will be in vain.



Plataforma Day Care Center



Plataforma Day Care Center – Project Overview Located in Barrio Los Lotos on the outskirts of Santa Cruz near the Chaco Desert, [Plataforma is a free daycare and community center serving around 100,000 residents in one of the region's poorest areas.](#)

The center primarily supports children from migrant families, especially from Haiti and Venezuela and helps poor people coming to the big cities from all over Bolivia.

Plataforma offers a wide range of services: daycare and kindergarten for children up to 13, sports clubs (soccer, volleyball, handball), vocational training, tutoring, adult education, and literacy courses. [A soup kitchen serves around 300 meals daily, including 150 meals within the center.](#)

Plataforma Day Care Center, Santa Cruz



Women receive maternal care, vocational training, and certification to help them live independently—preventing situations where mothers are imprisoned due to their partners' crimes. Support is also extended to elderly and disabled individuals.

A strong parent council supports the center and helps fund it by producing and selling cloth bags to reduce plastic use. The project includes a permaculture-based bakery and promotes self-reliance through community cooperation.

In the "Nutritious Breads" program, we were able to finance around 6,000 bread rolls, which were baked in the Plataforma's solidarity bakery as income and distributed free of charge to the "Villa Mercedes" children's project, where mothers share in the supervision of children so that the other mothers can go to work.



Through our Labdoo hub, 15 donated laptops are still working perfectly. Additional laptops were provided on free rental to young women studying abroad under government programs. This support helps them complete their education and return to Bolivia with new skills.

Main goal: Prevent children from ending up on the streets by empowering families and keeping mothers with their children.

Director: Julian, a Spanish philosopher and author, leads the center with deep commitment.

Ideas for Collaboration:

- Planting fruit trees along the main road, cared for by children at the center
- Sending volunteers through the “weltwärts” program
- Partnering with schools and kindergartens.
- Capoeira lessons by Brazilian master Leonis Borges
- Strengthening the soup kitchen by expanding the cloth bag initiative and launching a donation fund, led by Antonia Schindelmann
- Training cooks to ensure long-term sustainability.



End hunger worldwide,
ensure healthy nutrition for all,
promote sustainable agriculture!

2 ZERO HUNGER



END HUNGER, ACHIEVE FOOD SECURITY AND IMPROVED NUTRITION AND PROMOTE SUSTAINABLE AGRICULTURE

ZERO HUNGER GOAL

AT RISK



MORE THAN **600 MILLION** PEOPLE WORLDWIDE ARE PROJECTED TO **FACE HUNGER IN 2030**

LITTLE TO NO PROGRESS HAS BEEN MADE IN REDUCING ANAEMIA WORLDWIDE SINCE 2000



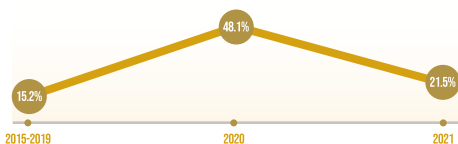
PREVALENCE OF ANAEMIA IN **WOMEN AGED 15-49**

HAS REMAINED STAGNANT **AT AROUND 30%**

DESPITE DROPPING IN 2021,

HIGH FOOD PRICES CONTINUE TO PLAGUE MANY NATIONS

SHARE OF COUNTRIES EXPERIENCING MODERATELY TO ABNORMALLY HIGH FOOD PRICES:



1 IN 3 PEOPLE



WORLDWIDE STRUGGLE WITH MODERATE TO SEVERE **FOOD INSECURITY**

MALNUTRITION PERSISTS WORLDWIDE, JEOPARDIZING CHILDREN'S WELL-BEING AND FUTURE DEVELOPMENT

CHILDREN UNDER AGE-5 AFFECTED BY:
(2022)



STUNTING
148 MILLION



WASTING
45 MILLION



OVERWEIGHT
37 MILLION



NURSERY RHYMES OF OUR TIMES

What you can do
with this book

Read them yourself

Learn NEW WORDS

Make them into songs
record them and
SEND IT TO US
at 91 9830241585

Most importantly
spread the good thoughts
and be a **CLIMATE CHAMPION**

ISBN : 978-93-5891-447-4