Variables are like labels for data
One way to think of variables is like a cubby or a box. We can give this box a name, and then put stuff into it.

```javascript
var hour = 12;
var isHungry = true;
var lunch = "avocado sandwich";
```

There are actually two steps to each of the statements above: **declaring** a variable and **assigning** it to a value.

### Declaring a variable
Deleclaring a variable with the `var` keyword is like creating a new box and giving it a name.

```
var hour;
```

### Assigning a varaible
Assigning a varaible with the `=` sign (the assignment operator) is like putting something into the box.

```
hour = 12;
```
Using a variable

When we want to use the value inside of a variable, we can refer to it by the
the variable’s name. **Referencing** a variable is how we tell the computer “go
get the thing stored in my box, please.”

```javascript
console.log(hour);
// prints “12”
```

Variables everywhere!

Using variables in code is very useful and common. Whatever we can do with
values, we can do with variables. This includes things like doing comparisons
and calling methods.

```javascript
make our boxes and
put some stuff in
them

// make a new box
`stomach` and
put a string in it

var hour = 12;
var isHungry = true;
var lunch = “avocado sandwich”;

if (hour > 11 && isHungry) {
    var stomach = “I WANT ” + lunch.toUpperCase();
    document.write(stomach);
    // prints “I WANT AVOCADO SANDWICH”
}
```

since `hour` is greater than 11
AND `isHungry` is true, this if
statement will run

go get the contents of
the box `stomach` and
then print them out to
the page