

# 10 Ways

TO FIGHT HUNGER IN YOUR  
COMMUNITY



**SOS** INTERNATIONAL

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# WHAT IS HUNGER?

Take a few minutes to learn about the different types of hunger and why this conversation is so important.

by Christie A. | SOS International



815 Million people will go to bed hungry tonight. Kids in your community will not be able to afford more than one meal a day. Even your neighbor or your co-worker may be struggling to provide food for their family, and you might never know.

815 million people is a seemingly overwhelming number, so let's break it down a bit. When we talk about "hunger" there are 3 ways we can talk about it:

1. **Malnutrition:** When a person doesn't get the nutrients needed to grow and thrive. This can be a lack of food, but most of the time it's because of empty calories, meaning there are calories, but no nutrition. Think about if all you could eat was potato chips. They have plenty of calories, but they don't have protein, vitamins or minerals. Your body can't survive on just potato chips very long because you need nutrition.

2. **Famine:** This is wide-spread food scarcity. Meaning there isn't enough food to go around. This often happens around wars, migration of people groups in need of safety or under a dictator. This can also happen when a people group has used up all the natural resources around them.

3. **Starvation:** This happens when you don't have enough food for a long time. You will lose more and more weight until finally your body can't keep going. This also occurs around wars, migrations and dictatorships and is the most extreme form of hunger.

The most consistent and deadly form of hunger across the global is malnutrition.

Malnutrition is widespread and hard to spot to an untrained eye. It isn't as obvious as famine and starvation.

Where malnutrition can be passed from generation to generation, famine and starvation happen around an event and often wipe out the bloodlines of those suffering. Malnutrition does slowly, what famine and starvation do quickly.

**Yes, 815 million is an overwhelming number, but there are things we as individuals can do to help ease the suffering of those facing hunger. Here are 10 ways you can help fight hunger in your community.**

# HOW CAN YOU HELP?

1

## STOCK THE SHELVES

One way to help food-insecure families is by purchasing extra at the store.

Every time you go to the grocery store, add an extra item to your cart for donation. Then at the end of the month, drop them off at a local food pantry. Food pantries do a ton to keep local families fed year round.

2

## VOLUNTEER AT A FOOD PANTRY

Food Pantries run with the help of volunteers. Volunteering is a great way to help those who are food-insecure.

Spending a day at a local food pantry helps feed at-risk children in your area! If you have kids, it's also a great way to get them involved in helping too.

3

## VOLUNTEER AT A SOUP KITCHEN

Soup kitchens provide an immediate hot meal to hungry individuals. So many families feed their children at a local soup kitchen, just to make sure their child has a meal that night. A lot of people are intimidated at the thought of encountering homeless people, but give yourself a pep talk and jump in. It's really fun to join in and help.

“Giving is not just about making a donation, it is about making a difference.”

KATHY CALVIN





# 4

## BECOME EDUCATED ABOUT WHAT'S GOING ON IN YOUR CITY.

Hunger is everywhere. Take some time to research what's going on in your city, as well as around the world. A few great places to start:

[www.FeedingAmerica.org](http://www.FeedingAmerica.org)  
[www.FoodPantries.org](http://www.FoodPantries.org)  
Googling "food deserts {your zip code}"



“ Don't judge each day by the harvest you reap, but by the seeds you plant. ”

ROBERT LOUIS STEVENSON

## 5

### ORGANIZE A FUNDRAISER

Donate the proceeds to an organization fighting hunger in your area.

A Few Fun Ideas:  
Spaghetti Dinner, Car wash, pet wash, bake sale, canned food drive

## 6

### MAKE A MEAL FOR FAMILIES AT THE RONALD MCDONALD HOUSE

The Ronald McDonald House provides a home to families with children needing long-term care. Through showing up and providing a meal not only are you helping address hunger, but you are helping families walking through a hard time!

## 7

### DROP OFF SNACKS

Food and learning go hand in hand! After school, kids are often starving and need a snack before they begin their homework. Dropping off a fun snack at an after school program helps promote good health and empowers learning!



8

### **HAVE AN "ALWAYS ENOUGH" ATTITUDE**

Keep your eyes open for ways to share what you have with those who might need it. This can be trail mix in your car for the homeless person, extra snacks at the park or opening up your dinner table to neighbors. When we approach hunger with an "always enough" mentality we position ourselves to help those around us.

9

### **SUMMER FEEDING PROGRAMS**

Many children in your community rely on the free and reduced lunches program. Summers and holidays can mean a gap in food for these students. Ask your school how you can help fill that gap!

10

### **TAKE THE SOS HUNGER CHALLENGE!**

Skip a meal, feed two children for a month! The SOS Hunger Challenge is about feeding children around the world who are malnourished. For a recurring monthly donation of \$9, you can feed 2 children for the entire month.

Scan the QR code and Join the challenge!

