

R E L I E F + P R E V E N T I O N = Z E R O H U N G E R

20 ACTIONS TO STOP HUNGER

RELIEVE HUNGER TODAY

- 1 Recover** and donate leftover food
- 2 Bridge** the summer feeding gap
- 3 Prepare** and serve meals
- 4 Volunteer** at your local food pantry
- 5 Raise** money
- 6 Organize** a food drive

7 Look for “hidden in plain sight” opportunities

8 Recruit volunteers

9 Make an app for that

10 Donate money

PREVENT HUNGER TOMORROW

11 Help the most vulnerable among us

12 Be a voice for the voiceless

13 Contact your congressperson to support federal programs that end hunger

14 Teach others to become advocates

15 Learn about the root causes of hunger

16 Help food pantries offer more than food

17 Improve participation in benefits like SNAP and Summer EBT

18 Learn from people with first-hand experience of hunger

19 Stop the stigma of hunger

20 Invest in women