

Stop Hunger Volunteer Activities that Go Beyond the Meal

Fighting and reversing the effects of hunger in America has been at the core of Sodexo's values since Stop Hunger was created over 20 years ago. Although the act at the forefront of peoples' minds when it comes to fighting hunger may be serving meals at a local food bank or hosting a canned food drive, combating hunger doesn't have to stop there!

Sodexo's efforts to go beyond the meal are a natural extension of our business. Going "beyond the meal" means going beyond actions like meal collection and distribution to help the hungry. It attempts to reverse the effects of long-term poverty through multiple methods. Activities that go beyond food aid now represent 53% of Stop Hunger's work globally. Three solutions have been identified as being the most effective:

- **Food self-sufficiency** – For those who have little or no resources, eating means relying on social service agencies, buying food at reduced prices or consuming produce they raise themselves. Stop Hunger encourages the creation of community gardens, enabling people to grow healthy food for their families. It also supports training in techniques for responsible and sustainable agriculture to grow food for a family's own consumption or to earn income.
- **Access to training, education and employment** – Stop Hunger volunteers organize training in gardening, balanced diets, cooking, nutrition education, food safety, etc. Through the expertise of Sodexo teams, Stop Hunger strengthens local communities.
- **Women empowerment** – Women are more likely (60%) than men to suffer chronic hunger, but they are most effective in overcoming it. Women in developing countries account for 43% of agricultural production and grow 60-80% of the food resources derived from family farming. Together with international NGOs, [Stop Hunger Worldwide](#) is committed to enabling women to contribute more to sustainable development while making it a source of empowerment.

Get involved in beyond the meal efforts like these:

- Support No Kid Hungry's [Cooking Matters](#) program to help low-income families cook healthy meals and optimize their food budget. Sodexo chefs, registered dietitians, and dietetic interns have volunteered to teach classes.
- Advocate for a hunger-free America with Feeding America—write to [your local Congress member](#) using this easy [template](#).
- Provide interview and job skills training to help the homeless through programs like [Catalyst Kitchens](#).
- Consider [purchasing Stop Hunger swag items](#) from the Summit Marketing website during the month of April and 10% of the item cost will be donated to the Sodexo Stop Hunger Foundation.
- Plant a community garden and teach others how to harvest and cook produce.
- Learn how the [Fruit and Vegetable Prescription program](#) could help improve your health and the health of those around you with simple dietary changes.
- Volunteer your time and expertise by serving as a board member at your local hunger charity.

Involved in beyond the meal hunger solutions? Tell us by entering activities into the [Stop Hunger Activity Reporting Tool](#) accessible on Sodexo Net.