

WHAT CAN YOU DO?

Circle the actions you might be willing to take to end hunger.
Tally the circles in each column to identify your preferred approach.

Give food to a homeless veteran

Approach your local Veterans Administration to create a program that assists homeless veterans

Plant a community garden in a low-income neighborhood to make it easier for residents to get fresh produce

Encourage your local grocer to join a program that helps SNAP participants purchase fresh fruits and vegetables by doubling their SNAP dollars spent on those items

Contribute money to a local food bank or food pantry

Email state policymakers to support efforts to set aside money in the state budget for community food security programs

Distribute Thanksgiving dinner at local senior center

Vote for candidates who advocate for increased SNAP eligibility for low-income seniors

Raise money to establish a food pantry at a local university/college

Persuade officials at local university or college to take steps to accept SNAP at on-campus grocery store

A **CHARITABLE** approach is motivated by kindness and generosity and usually helps one person or community at a time. **CHARITABLE** actions you can take right away include:

- Donate to MAZON
- Sign up for the MAZON mailing list
- Donate healthy food to a local food drive

A **SOCIAL JUSTICE** approach is inspired by civic duty and seeks to create the public and political will needed for broader change. **SOCIAL JUSTICE** actions you can take right away include:

- Post a picture of your This Is Hunger experience to promote hunger awareness among friends and family
- Sign a petition to support an anti-hunger campaign
- Sign up for MAZON Advocacy Alerts at thisishunger.org