

# HUNGRY FOR CHANGE?

## Democracy:

action taken by engaged citizens working together to create a community with shared opportunities

## Advocacy:

a tool used by individuals and communities to protect the vulnerable among us and advance change

### 4 WAYS TO BE AN ADVOCATE:



#### RAISE AWARENESS

Educate others on the shocking prevalence of hunger in America.



#### TAKE ACTION

Join and promote MAZON advocacy campaigns.



#### USE SOCIAL MEDIA

Post hunger facts and facilitate a conversation with your friends, followers and your elected officials.



#### STAY ENGAGED

Sign up for MAZON advocacy alerts to get the latest news.