

ENDING HUNGER IN YOUR COMMUNITY



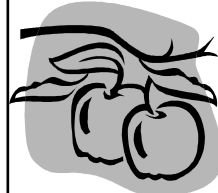
INSIDE THIS ISSUE

What can you do?	1
Plant a Tree... Feed the Hungry	1
Non profits and You	2
What others are doing	2
Government Resources	3
For the more Ambitious	3

What can you do?

- Donate – money; time; resources.
- Hold a party at your house and every guest can bring something to donate to a shelter
- Have a sleepover and cook food to pass to a shelter
- Plant- trees, bushes, vines, container gardens, and give away the produce
- Volunteer or help start a community garden
- Offer to drive a meals-on- wheels van once a week or month
- What are you good at? Share the hobby or information at a soup shelter or kitchen
- Adopt one family and help them.

Plant a Tree



Really. It's beautiful, environmentally friendly and it feeds people. So go out and plant a tree, or a berry bush, or a grape vine.

Of course, there are legal, physical and gardening considerations you would have – especially if you're like me – I kill cactus plants. So, I have included a list of websites that have experience and information about choosing, planting, weather, water, soil requirements of the tree you choose, as well as how to go about getting permission to plant a tree.

Non- Profit Organizations... And You...

The resources are already out there. How you can help:

- Make a map (you could do a MapQuest version) of all the food banks, soup kitchens and post it up so people will now.

- Donate your time at a soup kitchen or community garden. You could:

- Cook
- Research and gather resources for them
- Work on repairs, paint the building, fix their plumbing, mow the lawn.
- Drive food collected to places
- Teach a class
- Work on a website or newsletter for them

- Organizations need things – containers, paint, wheels, just stuff. Help them make a list, and then go about your community getting them.

- Work on fun, fundraising ideas.



What others are doing



1. Red Barrel Project

In Houston, red barrels are put outside grocery stores for food donations with a sign indicating to which hunger agency it is assigned.

* Virtual Red Barrel Project

⇒ Every \$ 1 donated = \$20 of food

2. Food Rescue

Food Rescue trucks get food to be thrown away by food-businesses and deliver it to hunger relief agencies.

3. Mobile Soup Kitchens – host or volunteer at an event.

4. Doodle for Hunger – doodles and art by artists, entertainers sold for hunger. Go to Resource page.

5. Hunger Site – buying clothes, jewelry, accessory on the site and part of the proceeds will be donated to feed the hungry.

6. Backyard Bounty Program – growing food in your backyard and donating it.

7. Plant a Row program – plant an extra row in your garden this summer and donate the proceeds to a shelter.

The Government



1. Call 211. It is a national hotline with information about resources related to food programs, both governmental and non-governmental. They have databases listed by state and resources.

2. FRAC.gov – has information about a variety of food programs, including categories for specific populations, programs are also categorized by state, and participants can apply online.

I have more resources in the Resource section.

What schools can do...

- Home ed. Students can plan and cook nutritious meals to be donated to a shelter- extra credit.
- The school and community can start a food garden and donate the produce – or they could sell the produce and donate the money.
- Schools can decide, or students can petition their schools to, buy food from community gardens, as a form of support.
- Plan a few weekends studying about landscaping and gardening, then plant trees in the neighborhood.

For the more Ambitious



- Hold a food drive
- Build a soup kitchen
- Organize a school concert and donate the proceeds
- Drive a mobile pantry
- Get your local supermarket to donate excess foods to soup kitchens
- Build a community garden
- Play for food – Get your local schools in on this: On Sports day, food is the prize, and winners get to donate the food to any charity they want.

RESOURCES

- FIGHTING HUNGER – HOW TEENS CAN HELP
 - <http://cookingupastory.com/show/food-works/> - for children to grow, market, and provide food for low income families
 - Janusyouth.org
 - Farmtoschool.org
 - Building a local food economy - <http://cookingupastory.com/food-news/ken-meter-building-a-local-food-economy-part-3/>
- Government resources
 - Emergency Food Assistance programs
 - www.fns.usda.gov/fdd/programs/tefap
- Food stamp program
 - www.fns.usda.gov/fsp
 - WIC program for pregnant mothers, children and babies
- Elderly feeding programs
 - www.mowaa.org
- NON-PROFITS and COMMUNITY PROGRAMS
 - Plant a Tree – Fruit tree planting foundation: plants edible, fruitful trees to help the needy (www.ftpf.org)
 - Community gardens (www.communitygarden.org)
 - Meals-on-Wheels – by state: (www.mealcall.org/meals-on-wheels)
 - Vertical Gardening for Urban volunteers – (www.verticalgardeningtips.com OR www.beginner-gardening.com)
 - Plant a Row program (www.cmgr.org/PAR.html) or (www.gardenwriters.org)
 - Hunger Site – various items to buy from rings to dresses. Will donate certain amounts of food – www.thehungersite.com
 - Doodle for Hunger – www.doodleforhunger.com

WHAT YOU CAN DO AS A FAMILY

- Cook food on the weekend and donate it to a shelter or church
- Network among your family and friends, telling them what you are doing and asking them to help.
- Volunteer your different talents or be labor.
- Weekend art project: work on a poster or flyers or a song for the shelter and put it up on the net
- ** Change bowl: the entire family drops the change in their pocket at the end of the day in a bowl; at the end of the month, donate it to the shelter.

NATIONAL HUNGER HOTLINES

- 211
- 1-866-3-HUNGER

ME

My name's Durga. These are a few ideas I had about what we could all do about hunger happening in our backyards, our communities. I live in Alexandria, VA - if you want to start a program or have questions, feel free to contact me:
durga_sg@hotmail.com