



Society of St. Andrew

TEN STEPS TO FIGHT HUNGER

What can one person do?



Hunger is a complex and many faceted tragedy and many of us feel there is nothing that one person can do. Such is not the case. Each of us can make an impact on behalf of our hungry brothers and sisters. We offer ten steps to help you fight the unnecessary evil of hunger.

1. **PRAY:** Pray for those who do not have enough food. Pray also for wisdom to discover what you can do to help those who are hungry.
2. **BECOME MORE INFORMED:** Learn more about hunger. Read and study hunger and related issues. Learn about hunger in your own community.
3. **DISCUSS HUNGER WITH YOUR FAMILY:** Take time to discuss the issues raised by living in a hungry world with those nearest you.
4. **RAISE THE AWARENESS OF OTHERS:** When you share what you learn about hunger with others, you will find you are not alone in your concern for the hungry. Many of your friends and neighbors are also looking for ways to help.
5. **FORM A LOCAL HUNGER ACTION GROUP:** Help interested people in your church or community to organize on behalf of the hungry. Working together provides support to tackle hunger head on.
6. **CONTRIBUTE TO YOUR CHURCH HUNGER PROGRAM:** Most church hunger programs provide high service return. Many (such as the United Methodist Advance Specials), spend every dollar donated on hunger relief.
7. **WORK TOWARD A MORE RESPONSIBLE LIFESTYLE:** Most of us can consume less of the world's resources that we now use. We can certainly be less wasteful, and more mindful of the needs of our hungry world.
8. **BECOME AN ADVOCATE FOR THE HUNGRY:** Speak up on behalf of the hungry. Support public policies in Congress that help the hungry around the world, as well as around the corner.
9. **START NOW:** Do something now. If you wait for a better time to come along, it probably won't.
10. **DO NOT BECOME DISCOURAGED:** Every step we take brings us that much closer to ending the unnecessary evil of hunger. Begin

small. Continue to do whatever you can to be a part of the solution.

Society of St. Andrew
3383 Sweet Hollow RD ▪ Big Island, VA 24526
434-299-5956 ▪ 800-333-4597 ▪ www.endhunger.org



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