



TAKE ACTION ON THE RIGHT TO FOOD



IF YOU HAVE
10 Minutes

- **Learn the Facts.** Read our fact sheet on the right to food and then test your knowledge with our short quiz at www.discoverhumanrights.org/toolkit.html.
- **Donate.** Donate food or money to your local food shelf. Visit www.feedingamerica.org to find a food shelf in your community.
- **Get the News.** Sign up for news and action information on the right to food in the U.S. from these anti-hunger organizations:
 - Hunger Action Center www.hungeractioncenter.org/newsletterarchive.aspx
 - Food Research and Action Center www.frac.org/digest/index.htm
- **Read Food Labels.** Read the nutrition and ingredients label on your favorite foods. Try to avoid eating foods with complicated, hard-to-pronounce ingredients such as partially hydrogenated oil or high fructose corn syrup. The fewer highly processed foods we consume, the fewer manufacturers will make.

IF YOU HAVE
A Few Hours

- **Write a Letter.** Research and write a personal letter to your federal representative urging them to ensure that every American has access to safe and healthy food. Visit the Food Research and Action Center at www.frac.org to learn more about upcoming legislation affecting the right to food.
- **Educate.** Download our PowerPoint presentation or lesson plans and use them to educate your school, community organization or faith community about the right to food.
- **Participate in World Food Day.** On October 16, get involved in awareness-raising activities like documentary screenings. Visit www.worldfooddayusa.org to find out which local organizations in your area are participating and how you can help with their activities.

IF YOU HAVE
A Month

- **Organize A Food Drive.** Invite members of your town, office, school, or faith community to make a difference by collecting food. Contact a local food bank that needs your support, create a theme, create a goal, contact donors (i.e. grocery stores), schedule volunteers, and invite others to participate.
- **Take Part in the Great American Bake Sale.** Join this national campaign to help end childhood hunger in America. For more details, visit: www.greatamericanbakesale.org.
- **Host a Film Screening.** Show a film about the right to food to your school, community organization, or faith community. There are many good documentaries that examine the food industry in the U.S., including *Supersize Me*, *King Corn*, *The Future of Food*, and *Our Daily Bread*.
- **Complete the Food Stamp Challenge.** Recruit community leaders and local government officials to participate in the Food Stamp Challenge, where people try to live on the average weekly food stamp allowance of \$21 per person. Download a guide at www.frac.org/Legislative/fschallenge.html.

IF YOU HAVE
A Year or More

- **Encourage Neighborhood Schools to Use More Locally Grown Food.** Build a coalition of supporters and lobby your local school administration to start incorporating food from local farms. Visit www.farmtoschool.org for more information and guides on creating your own farm to school program.
- **Volunteer Regularly.** Help provide food for the homeless or elderly. Call your local homeless shelter to see if they serve meals for the homeless, or visit www.mowaa.org to find a Meals on Wheels program near you.
- **Plant a Garden.** Start growing fruits and vegetables in your backyard, or find space in a community garden. By growing your own produce, you control the use of pesticides and fertilizers, and minimize the carbon costs involved in transporting food.



RIGHT TO FOOD NATIONAL RESOURCES



The Advocates for Human Rights

www.theadvocatesforhumanrights.org

A leader in bringing international human rights to the classroom and the community. Provides educational resources and trainings to support the human rights movement in the United States.

Bread for the World

www.bread.org/

A collective Christian organization that urges U.S. decision makers to end hunger at home and abroad. By changing policies, programs and conditions that allow hunger and poverty to persist, they provide help and opportunity for many communities.

Community Food Security Coalition

www.foodsecurity.org/

A diverse U.S. coalition dedicated to building strong, sustainable, local and regional food systems that ensure access to affordable, nutritious, and culturally appropriate food to all people at all times. They seek to develop self-reliance among all communities in obtaining their food and create a system of growing, manufacturing, processing, and selling food that is regionally based.

Congressional Hunger Center

www.hungercenter.org/

Trains leaders about the causes of and solutions to hunger and homelessness, and the appropriate humanitarian responses; facilitates collaborative efforts among organizations critical to the design of policies aimed at ending hunger in the U.S. and abroad; and increases public awareness about the nature, root causes, and solutions to hunger.

Feeding America

<http://feedingamerica.org/>

The nation's leading domestic hunger-relief charity. Their mission is to feed America's hungry through a nationwide network of member food banks and engage our country in the fight to end hunger.

Feed the Children International

www.feedthechildren.org/

The heart of Feed The Children's U.S. program is distributing food to families in need. To do this, they work closely with caring corporate partners that donate surplus food and other supplies, as well as with individual donors who help defray the cost of transporting product donations.

Freedom from Hunger

www.freedomfromhunger.org/

Brings innovative and sustainable self-help solutions to the fight against chronic hunger and poverty. Together with local partners, they equip families with resources they need to build futures of health, hope and dignity.

Food and Agriculture Organization of the United Nations

www.fao.org/

Committed to helping build a world without hunger, focusing especially on rural areas.

Food Research and Action Center (FRAC)

www.frac.org/

The Food Research and Action Center (FRAC) is the leading national non-profit organization working to improve public policies and build public-private partnerships to eradicate hunger and undernutrition in the U.S.

Institute for Agriculture and Trade Policy

www.iatp.org/

The Institute for Agriculture and Trade Policy promotes resilient family farms, rural communities and ecosystems around the world through research and education, science and technology, and advocacy.

Mazon

www.mazon.org/

A Jewish citizens' movement that works in the U.S and around the globe to bring critical relief to millions of hungry families.

Meals on Wheels

www.mowaa.org/

Works toward the social, physical, nutritional, and economic betterment of vulnerable Americans. Their programs provide nutritious meals and other services to the elderly, homebound, disabled, frail, or at risk to improve their quality of life and postpone early institutionalization.

National Family Farm Coalition

www.nffc.net/

Provides a voice for grassroots groups on farm, food, trade and rural economic issues to ensure fair prices for family farmers, safe and healthy food, and vibrant, environmentally sound rural communities in the U.S. and around the world.

OXFAM America

www.oxfamamerica.org/

An affiliate of Oxfam International, Oxfam America is an international relief and development organization that creates lasting solutions to poverty, hunger, and injustice. Oxfam saves lives, helps people overcome poverty, and fights for social justice.

The United Way

www.liveunited.org/

The United Way works to create lasting positive changes in communities and people's lives through helping communities identify the underlying causes of their most significant issues, develop strategies and pull together financial and human resources to address them. Alleviating hunger in the U.S. is one of the main issues addressed by the United Way.

World Hunger Year

www.whyhunger.org/

A leading advocate for innovative, community based solutions to hunger and poverty. Their work challenges society to confront these problems by advancing models that create self-reliance, economic justice, and equal access to nutritious and affordable food.