



## 1 Advocacy & You

### Description

- ◆ This activity facilitates discussion on practical and effective solutions to hunger, poverty and food insecurity. Participants will discuss methods, both short-term and long-term, by which they can become involved in creating and implementing solutions to hunger and poverty.

### Objectives

Our objectives are to ensure participants:

- ◆ Be able to identify short-term and long-term solutions to alleviate hunger.
- ◆ Discuss their strategies to address hunger nationally and locally.

### Materials Needed

- ◆ **1 Appendix 1:** *Arizona Government Listing* for each participant
- ◆ **1 Appendix 2:** *40 Ways to Fight Hunger* for each participant
- ◆ **1 Appendix 3:** *25 Ways for Children to Fight Hunger* for each participant
- ◆ **1 Appendix 4:** *Activist Advice: Writing a Letter to Your Elected Officials* for each participant
- ◆ **1 Appendix 5:** *SAMPLE Hunger-Poverty Advocacy Letter* for each participant
- ◆ **1 Appendix 6:** *Hunger 101 Glossary of Terms* for each participant
- ◆ Flip chart and markers, dry erase board, chalkboard, or overhead projector with transparencies.
- ◆ Determine participant team work areas.

### Time

45 minutes

### Advance Work

- ◆ Print and Review **1 Appendix 1: Arizona Government Listing.**
- ◆ Print and Review **1 Appendix 2: 40 Ways to Fight Hunger.**
- ◆ Print and Review **1 Appendix 3: 25 Ways for Children to Fight Hunger.**
- ◆ Print and Review **1 Appendix 4: Activist Advice: Writing a Letter to Your Elected Officials (sample letter).**
- ◆ Print and Review **1 Appendix 5: SAMPLE Hunger-Poverty Advocacy Letter**
- ◆ Determine participant teams work areas.
- ◆ Ensure the flip chart and markers, dry erase board, chalkboard, or overhead projectors with transparencies are available.



An Education program of  
St. Mary's Food Bank Alliance

## Facilitation Instructions

1. Note to the participants of the availability of **Hunger 101 Glossary of Terms** in their material for use throughout all activities (including Optional Activities).
2. Put two headings on a flip chart, chalkboard, or dry-erase board: **Short-term** and **Long-term**.
3. Ask participants to brainstorm methods by which they can alleviate or end hunger and poverty. Ask them to label their suggestions as **Short-term** or **Long-term**, and write their suggestions under the appropriate heading.

**Explain:** Short-term strategies help alleviate hunger and poverty, i.e., holding a food drive provides food to a food bank to give to people in need. Long-term strategies aim to end hunger and poverty, and involve advocating for political and economic change.

4. Distribute the **40 Ways to Fight Hunger in Your Community** list sheets.
5. Ask participants to review the 40 Ways sheets and request the group participants, teams or entire group select one short-term strategy and one long-term strategy to implement.
  - The short-term strategy should be something the group can implement fairly quickly, while the long-term strategy may take considerably more time and planning.
  - At the facilitator's discretion, they may vote on their choices.

### Note:

Should the group or individual members of the group decide to write a letter to their elected representatives as part of their long-term strategy, an **Arizona Government Appendix, Activist Advise: Writing a Letter to Your Elected Officials Appendix** and a **Sample Hunger-Poverty Advocacy Letter Appendix** have been provided in the resources section of this guide for facilitators to share as deemed appropriate.

6. Fill out the pledge card listing your short-term and long-term strategies for alleviating hunger in our community, and return it to St. Mary's Food Bank Alliance.

**Chet Provorse, Hunger 101**  
**St. Mary's Food Bank Alliance**  
**2831 N. 31st Avenue, Phoenix, AZ 85009-1512**  
[cdprovorse@FirstFoodBank.org](mailto:cdprovorse@FirstFoodBank.org)  
**602-352-3640, ext 169**  
**Fax: (602) 352-3659**  
[www.FirstFoodBank.org](http://www.FirstFoodBank.org)

7. Confirm with participants that their next step will be to meet after these educational sessions to begin planning the logistics of your short-term and long-term strategies.
8. Remind the group that the staff at St. Mary's Food Bank Alliance can advise them on how to effectively implement their short-term and long-term strategies!

### Remember

**St. Mary's Food Bank Alliance**  
**is here to help them succeed with their strategies.**

[www.hunger101az.org](http://www.hunger101az.org)  
[www.firstfoodbank.org](http://www.firstfoodbank.org)



An Education program of  
St. Mary's Food Bank Alliance