



40 Ways to Fight Hunger

	Rank (1, 2 or 3)
1. Plan, organize, and promote a Food Drive with St. Mary's / Westside Food Bank Alliance or one of its 900 partner agencies.	
2. Hold a school or community event where admission or discounts are provided when food donations brought by attendees.	
3. Participate with St. Mary's / Westside Food Bank Alliance's "Gleaning" programs, and/or other area family, school or community group gleaning activities.	
4. Link your personal, professional or community organization site to the St. Mary's / Westside Food Bank Alliance web site and partner agencies' sites.	
5. Volunteer at one of the over 900 St Mary's /Westside Food Bank Alliance partner agency sites serving the state.	
6. Post message(s) about helping the hungry on your blog or web site with area hunger-fighting agency links listed.	
7. Sponsor a Walk-A-Thon against hunger.	
8. Compile a newsletter, book, or brochure of healthy recipes using reasonably priced, easily obtained food items. Publish and distribute these online and in hardcopy to other schools, community organizations, community services agencies and food pantries to reach those who receive community food support.	
9. Host an "Empty Bowl" event where students create, sell, or raffle ceramic bowls and a small meal to raise funds and awareness for hunger-related issues.	
10. Hold an art contest that focuses on issues of poverty, hunger, and nutrition with donations of food items encouraged for exhibition admission.	
11. Submit messages, stories, and information about hunger and poverty-related issues to your school's, religious groups', or social clubs' web sites.	
12. Host a "Food Scavenger Hunt" based on a list of nutritious canned and dry goods. Make it a school groups' competition to see who collects the items first.	
13. Help serve a meal at a community dining room or homeless shelter.	
14. Send emails (please, do not SPAM) to friends and family about Hunger 101 and the Food Bank's efforts against hunger with an invitation for them to participate with you in some type of action to fight hunger.	
15. Make and/or decorate cloth grocery bags, back packs or shoulder packs for senior citizens, physically challenged, mobility limited or children to support their shopping in the community and/or work.	
16. Become a well-informed hunger advocate using information on hunger, poverty, and food insecurity in the newspaper, on the Internet, and in books, to then help inform others about the issues.	
17. Educate yourself about political candidates' positions on hunger and poverty.	



18. Volunteer at one of St Mary's /Westside Food Bank Alliance's facilities helping to feed in our area.	
19. Talk with a friend, family member, or school club about Hunger 101 and what they might do to fight hunger with you.	
20. Contribute to and participate with St. Mary's / Westside Food Bank Alliance public food drives.	
21. Invite a representative from St. Mary's / Westside Food Bank Alliance to speak at your social, educational, and professional group meetings to discuss hunger awareness issues.	
22. Contribute financial support to St. Mary's /Westside Food Bank Alliance and/or area hunger relief organizations.	
23. Encourage your local grocery store and farmer's markets to donate surplus product to St. Mary's /Westside Food Bank Alliance.	
24. Schedule a tour of a St Mary's /Westside Food Bank Alliance Bank facility or the Community Kitchen.	
25. Organize and/or attend a St. Mary's /Westside Food Bank Alliance hunger banquet in your area.	
26. Create and hang posters about hunger-related issues and post them (with permission) in your school, community center, religious center, or other community-based facility.	
27. Promote nutrition, healthy-eating, and physical activity during "5-A-Day" Month (usually September).	
28. Establish a student and teacher group to discuss and take action on hunger-related issues.	
29. Make and distribute flyers, postcards, etc. to encourage others in your community to take action against hunger.	
30. Plant a garden at home, in your community or at your school and share your produce with the needy in your area.	
31. Eat fewer processed foods because the additives in these products are not nutritious, and raise the overall cost of food.	
32. Consider membership and active participation with local and national Anti-Hunger organizations, programs, and activities.	
33. Write a letter to your US Congressional Members, State Legislators, county officials or City Council Members to express concern about hunger and poverty in Arizona.	
34. Meet with your US Congressional Members, State Legislators, county officials or City Council Members to express concern about hunger and poverty in Arizona.	
35. Support and vote for political candidates at all levels of government who actively work to alleviate hunger.	
36. Keep a diary of the food you eat for a week to raise consciousness of your diet and adjust your healthy cooking and eating habits.	
37. Avoid waste by preparing and serving smaller portions of food.	
38. Create and send greeting cards as your personal note cards that include nutrition, recipes, hunger and other food ideas.	

