


Act on Hunger – Simple Everyday Actions

- **Support national and local organizations that work to end hunger;** national food drives like *Stamp Out Hunger* (the post office drive which is happening today- May 13); vote with your pocket book and support restaurants and organizations that are local *Hunger Heroes* with St. Mary's Food Bank (see the list: <http://www.firstfoodbank.org/get-involved/hunger-heroes>). Educate: watch A Place at the Table movie available at your local library or Netflix
- **End Hunger License Plate:** Annually, the Hunger Relief license plate costs \$25 plus postage and handling. Of the \$25, \$17 benefits food banks throughout Arizona. 
- **Register for Fry's Community Rewards Program:**
 1. Go to:
<https://www.frysfood.com/topic/community?activePage=community-rewards-2>
 2. Select 'Sign-In'.
 3. Enter your email and password then select 'sign in'. **(This will be the email and password you created in step 1)**
 4. Select 'My Account' then select 'Account Settings' from drop down menu.
 5. Click 'edit' under Community Rewards. If prompted, enter personal information.
 6. Under Find Your Organization: Enter St. Mary's Food Bank Alliance or enter the organization name of your choice and then select 'search'.
 7. Under Select Your Organization: Select box next to your organization
 8. Then select 'save changes'.
 9. If you have registered correctly, you should now see your organization information listed under 'Community Rewards' on your Account Summary page.
- **Learn about hunger issues and share that with your family and friends.** Try starting a conversation on social media by sharing one of the [Visualize Hunger Infographics](https://moveforhunger.org/visualize-hunger/) (<https://moveforhunger.org/visualize-hunger/>).
- **Pray:** for example, Bread for the World prayers.
- **Facebook Pages:** Like these websites and stay informed.
 - St. Mary's Food Bank Alliance
 - St. Vincent de Paul
 - Franciscan Renewal Center
 - Association of Arizona Food Banks
- **Communicating with your elected officials** is the most effective action you can take. We need to express our support for policies that will alleviate hunger, and to voice our dissent when necessary.
- **Move for Hunger** (<https://moveforhunger.org>) - Donate food when you move. This organization will pack up and deliver your non-perishable items to a food pantry.



Franciscan Renewal Center

Peace. Renewal. Good.

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Hunger Action is part of
Faith in Action Ministry

<https://thecasa.org/faith-in-action/hunger-action-ministry/>