

FIGHT HUNGER IN YOUR



DAILY LIFE

LEARN

- 1) Go to www.stopthehunger.com and see hunger-related stats in real time.
- 2) Google “World Food Program hunger causes” and read up on the leading causes of hunger.
- 3) Go to www.feedingamerica.com, find a food bank near you, and check out their website.
- 4) Watch the documentary “A Place at the Table” on Netflix with some friends. Discuss it after.
- 5) Google “Global Rich List,” enter the median US household income (\$50,000), and see what happens. Tell someone about what you learned.

ACT

- 1) Take only what you need. Finish what you take.
- 2) Participate in a food drive at your church. If your church doesn’t have a food drive, start one.
- 3) Google “Catholics Confront Global Poverty,” which will show you how to email elected officials to urge them to take action against hunger.
- 4) Google “Free Rice,” answer trivia questions, earn money for programs that fight hunger.
- 5) Find a local organization that fights hunger and give a few hours of your time.

PRAY

- 1) Remember those who are hungry every time you say grace. Say grace before every meal.
- 2) Google “Catholic Relief Services prayer”. Find and pray “The Lord’s Prayer: Little by Little We Change the World.”
- 3) Fast from lunch one day this week. Each time you feel hungry, say a quick prayer for those who are fasting by necessity around the world.
- 4) Thank God for your favorite food.
- 5) Spend some time outside and thank God for giving us a bountiful planet.