



BURKINA FASO, 2012 // CRS MICHAEL HILL

YOUTH ACTS: HUNGER

*empowering young people to act in solidarity
with our sisters and brothers around the world*

THE ISSUE:
One in nine people—805 million worldwide—
goes to sleep hungry every night.
The State of Food Insecurity in the World 2014, FAO

THE CHURCH SAYS:
“A way has to be found to enable everyone to benefit from the fruits
of the earth, and not simply to close the gap between the affluent and
those who must be satisfied with the crumbs falling from the table,
but above all to satisfy the demands of justice, fairness and respect
for every human being.”
-Pope Francis
June 20, 2013

THE CHURCH SAYS:
“The times talk to us of so much poverty in the
world and this is a scandal. Poverty in the world is
a scandal. In a world where there is so much
wealth, so many resources to feed everyone, it is
unfathomable that there are so many hungry
children, that there are so many poor persons. Poverty
today is a cry.”
- Pope Francis
Meeting with Students of Jesuit Schools—Q&A, 6/7/13

as individuals & families, we can...

Pray at every meal with gratitude!

In the U.S., we are blessed to have access to enough food to lead a healthy and productive life! While, globally, poor nutrition causes nearly half (45%) of deaths in children under five. 3.1 million children die of hunger each year. (Series on Maternal and Child Nutrition, The Lancet, 2013).



KENYA, 2013 // CRS SARA A. FAJARDO

Support local efforts to feed the hungry!

And the crowds asked him, “What then should we do?” [John] said to them in reply, “Whoever has two tunics should share with the person who has none. And whoever has food should do likewise.” (Luke 3: 10-11) Support your parish or school in their efforts to feed the hungry in your community through collecting canned food or donations, volunteering at a local food bank or shelter, and raising awareness about the good work of local agencies.

Eat local, sustainably, and lower on the food chain...!

Eating is a moral act! Animal products- like meat and dairy- and processed foods- like soda and chips- require far greater amounts of water and energy to produce than do vegetables and grains. You can contribute to more sustainable and ecological-friendly food consumption by committing to the following actions:

- ❖ Eat mindfully by noticing and savoring the smells, textures, and tastes of foods.
- ❖ Visit a farmers’ market to see what is in season where you live.
- ❖ Purchase more whole foods like vegetables that are in season, local, and from sustainable farms.
- ❖ Try to buy at least one or two certified organic foods at the grocery store that more accurately reflect what it costs to grow food sustainably.
- ❖ “Go vegetarian” one day a week on “meatless Mondays”.
- ❖ Look for fair trade certified products. Coffee, tea, and chocolate are easy to find, but the variety of available ethically-sourced foods are growing.
- ❖ John Hopkin’s University’s Center for a Livable Future’s “Food and Faith Project” has great ideas and more resources!
- ❖ Garden and grow your own food!

SPREAD THE WORD!

TWEET

Encourage your followers to advocate for the hungry!

Sample tweet:

I was hungry, And you gave me food. Speak up against #globalhunger at www.confrontglobalpoverty.org @CatholicRelief @USCCB

POST

Post about the issues you care about on Facebook and Instagram!

Sample post:

“I was hungry, and you gave me food.” How will you serve Christ’s children today? **SPEAK UP FOR THE HUNGRY** at <http://www.confrontglobalpoverty.org/current-issues/hunger-nutrition/>

GIVE the Gift of Food!

Donate to Catholic Relief Services to improve lives around the world! Farming remains the primary economic activity for the vast majority of people in the world's poorest countries, and farmers face daunting challenges in a globalized economy and an increasingly troubled natural environment: rising costs for fuel, fertilizer, and other inputs, climate change, water shortages, social and political upheaval, and more. Catholic Relief Services and partners work to promote the well-being and dignity of poor farm families throughout the world- through innovative agriculture and environment programs.

gifts.crs.org

Buy Only What You Need!

Every year, Americans waste about 40 percent of our total food supply, which also wastes 25 percent of all freshwater consumed annually. Plan ahead and only shop for what you need. Eat all leftovers. Compost scraps for your garden.

Advocate for an end to global hunger!

According to the United Nations World Food Program, there is enough food in the world today for everyone to have the nourishment necessary for a healthy and productive life. Go online and join Catholics Confront Global Poverty- and, with a click of a button- urge our nation's leaders to protect funding for poverty-focused international assistance, including food aid, and to promote reforms to U.S. food aid programs to make them more effective and efficient. (<http://confrontglobalpoverty.org>)

as a community, make an impact...

Host a Catholic Relief Services Helping Hands Event

Package nutritious meals for people in developing countries who are suffering from food shortages and famine! You provide the volunteers, tables, and space. Our partner, *Stop Hunger Now*, provides the materials, sets up, and teaches volunteers how to assemble the non-perishable meals. CRS educates the group about the people served by the meals and ships the meals to CRS partners overseas, who then distribute them to centers for young girls, orphanages, and others in need. An organizer's kit is available online at helpinghands.crs.org.

Bring Lent to Life with CRS Rice Bowl!

Through CRS Rice Bowl, your community will hear stories from our brothers and sisters in need worldwide and devote their Lenten prayers, fasting, and giving to change the lives of the global poor.

crsricebowl.org



TANZANIA, 2014 // CRS PHILIP LAUBNER

Face The Fast. Change The World.

Host a CRS FoodFast in your parish or school. CRS FoodFast is CRS' hunger awareness experience for Catholic youth. By spending time in the shoes of people who go hungry, Catholic youth deepen their faith and strengthen their yearning to bring change to our world! Invite young people to participate and explore eating as a moral act and why, even with enough food in the world to feed everyone, people still go hungry! All educational and engagement materials are free and available online.

foodfast.org

Observe World Food Day (October 16)

Guide young people toward creating a World Food Day awareness campaign that includes bulletin/ school announcements, education booths, speakers, film viewings, prayer services, and suggested action steps for personal and communal actions to end global hunger. Consult the Catholic Relief Services, USCCB, United Nations, and Education for Justice (Center of Concern) websites for more ideas and resources.

Glean & Recover!

Involve young people in gleaning and recovery programs to fight local hunger and food waste. GLEAN- gleaning is simply the act of collecting excess fresh foods from farms, gardens, farmers markets, grocers, restaurants, or any other sources in order to provide it to those in need. The US Department of Agriculture has a helpful gleaning toolkit on their website. RECOVER- recovering is the act of collecting perishable foods that would otherwise go to waste in your parish or school (and surrounding community) and donating it to local agencies serving the hungry. The Food Recovery Network has helpful organizing tools on their website.

Become a Community Supported Agriculture pickup site and start a community garden!

Involve youth in organizing a parish or school based CSA pick-up site- where the community can buy local, seasonal food directly from farmers! Additionally, a parish or school "community garden" can help foster a meaningful connection to God's creation, teaches youth and adults alike about environmental stewardship, and offers the possibility of eating or donating the healthy food that is grown.

Conduct a community "food audit"!

With online resources, conduct a "food audit" to help your parish or school assess what you are already doing to promote "good food" and identify areas for improvement. You can look at the ways you eat and share food and how this relates to stewardship of the environment and economic justice. Involve your community's leaders to develop an action plan for adopting more sustainable and just food practices. Teach and empower your community to develop personalized action plans for home! The John Hopkin's Center for a Livable Future has excellent resources online to get you started! Compliment these resources with scripture, Catholic social teachings, and prayer resources from online at the USCCB..



LAOS, 2021 // CRS JIM STINE

Activate your community to think and live into “One Human Family, Food for All!”

The One Human Family, Food for All, was a global, 18-month campaign to raise awareness of the global hunger crisis and engage people to call on governments around the world to guarantee a right to food for all. The campaign was launched by the global Catholic confederation, Caritas Internationalis a 164 Caritas member organization, and aims to end hunger by 2025. In a message supporting the campaign’s launch, Pope Francis said, “We are in front of a global scandal of around one billion – one billion people who still suffer from hunger today. We cannot look the other way and pretend this does not exist.” The campaign toolkit is still available online, and includes prayer and liturgy resources, posters, video, Facebook and Twitter promos, and more! Visit food.caritas.org

Create a Catholics Confront Global Poverty Sign-Up Drive!

Educate your community about our nation’s urgent obligation to help end world hunger! Create a CCGP sign-up drive in your community using the online resources. Together, urge our nation’s leaders to protect funding for poverty-focused international assistance, including food aid, and to promote reforms to U.S. food aid programs to make them more effective and efficient. (<http://confrontglobalpoverty.org>) n

As a community, GIVE the Gift of Food!

Combined with community education and advocacy, consider creating a fun fundraising campaign to donate money to Catholic Relief Services to improve lives around the world! CRS works through local partner agencies to implement agriculture and environment programs for the poorest farm families and rural communities worldwide- to improve family well-being. With a \$20 gift, give two bags of fertilizer to help farmers nourish soil and reap better harvests. With \$50, give quality seed for a season to ensure crop yields. With \$80, give the gift of one lamb or kid to fortify children’s diets and provide income to their families. With \$800, enable CRS to train 50 farmers in agricultural and marketing techniques that help feed entire regions. For more information and resources, visit CRS’s gift of hope catalog.

Do you have ideas – for young people, families, youth groups, and faith communities - that can be added to this resource? If so, contact us at education@crs.org.