



Ending Hunger and Its Causes – 6 Areas



Ideas for congregations who would like to be involved in hunger ministry, or who are seeking to deepen their involvement in holistic and justice-oriented ways.

1. Hunger Alleviation

Providing food in a dignified way with an eye to long-term structural solutions

- Raise funds to end hunger around the world; give to the Presbyterian Hunger Program: [PHP general](#) or [Cents-ability](#).
- Support a feeding program with volunteers and/or financial support, or run one yourself:
 - Start/operate a [soup kitchen](#)
 - Find a [food pantry](#)
 - Other: Meals on Wheels, Backpack Program, etc.
- Host or support (financial and/or volunteer) a [Summer Food Service Program](#).
- Start or participate in a community garden or host a CSA (Community Supported Agriculture); Learn more in [Food Sovereignty for All](#).
- Partner with [another church in your area](#) to support their hunger ministry.



2. Development assistance

Addressing the root causes of hunger and poverty through equitable and sustainable development

- Support the [Presbyterian Hunger Fund](#), which provides grants to organizations in the United States & around the world doing this work.
- Support a development and/or training initiative overseas that builds local power, equity and long-term prosperity.
- Become a [Jubilee Congregation](#), and work for economic justice locally and globally.
- Run a shelter for the unhoused, or support one with volunteers and/or financial support.
- Join or create a local food policy council.
- Support an existing [cooperative grocery](#) or get one going in your community.
- Organize a job training program, or support one with volunteers and/or financial support.



3. Hunger Education

Learning about systemic causes of hunger, including racial, gender and economic injustices



- Use the [Just Eating? Practicing Your Faith at the Table](#) curriculum. Adult, middle school, Spanish, Latin American, and African American Congregational versions available.
- Invite someone from a local anti-hunger or anti-poverty program, particularly a person who is directly impacted, to speak at a study session or during worship.
- Host a Simple Meal, Local Foods Potluck, or [Hunger Banquet](#)
- Christian education, such as a Bible study or topical seminar.
- Do a book study. [PHP book recommendations](#). The PC(USA) co-moderators have recommended *Always With Us? What Jesus Really Said About the Poor* and *Waking Up White* ([study guide available](#))
- Show a film or film series on hunger, poverty or injustice, and follow with discussion; contact php@pcusa.org if you need ideas.
- Go on a Presbyterian Hunger Program reflection-action trip.
- Participate in [World Food Day/Food Week of Action](#) or participate in/organize other hunger root cause events.
- Volunteer. See opportunities for short-term service, internships, and mission work trips on the [OGHS Engagement Map](#).
- Join with another congregation in a hunger-related mission work experience.
- Participate in listening projects and dialogue about the current and historical context of race and privilege, learning and practicing sensitivity about power dynamics and these issues.
- Send representatives to [Ecumenical Advocacy Weekend](#) in Washington, D.C. and have a report-back event or church newsletter article about it.

4. Lifestyle Integrity

Adopting sustainable personal and corporate lifestyles to restore justice and protect all of God's creation



- Become an [Earth Care Congregation](#).
- Join the [Presbyterian Coffee Project](#) and offer fair trade coffee, tea, chocolate and more.
- Participate or lead a [Fair Trade](#) activity.
- Host a fair trade/alternative market; contact Jessica.Maudlin@pcusa.org.
- Use [Eco-Palms](#) on Palm Sunday.
- Use pitchers of water or other environmentally-friendly options at all church events rather than bottled water.
- Recycle.
- Study lifestyle issues and have individuals take actions in their own lives.
 - Visit PHP's [Just Living](#) page for ideas & resources.
 - *Lent 4.5* curriculum is available from PHP; contact php@pcusa.org.

5. Corporate and Public Policy Witness

Advocating and campaigning for changes in policies and practices to end hunger and its causes, promote self-development, and care for creation



- Do an [Offering of Letters](#) on Bread for the World's priority for the year.
- Advocate for more livable wages.
- Call on Wendy's to join the [Fair Food Program](#).
- Ask Congress to raise the minimum wage.
- Advocate for just and sustainable food systems.
- Learn about seeds, GMOs and food sovereignty; ask food companies to support mandatory FDA labeling of GMOs.
- Advocate for an end to hunger and its causes by [contacting Congress](#) through the PC(USA) Office of Public Witness. Also available: [Holy Discontentment Advocacy Guide](#).
- Visit elected officials and/or their staff.

6. Worship

Incorporating prayer, education, and preaching about ending hunger and its causes into worship

Focus on the biblical and theological grounding for hunger and poverty work, and incorporate these into worship through:

- Sermons on hunger, poverty and injustice.
- Prayers, litanies, minutes for mission on hunger.
- Music and hymns on these topics.
- Video, skits and other activities during worship.



Churches who would like to join the Presbyterian Hunger Program as *Hunger Action Congregations* (HACs) are asked to share about their activities. The list above gives a variety of ideas, but it is not exhaustive. With the leading of the Holy Spirit, congregations around the country are serving their communities in many creative ways.

A church that is active in just one area can become an HAC, and those who are active in all 6 areas are certified. Hunger Action Congregations are acknowledged, and we celebrate their faithful work on World Food Day each year. Learn more and find a link to the online application at pcusa.org/hac.

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