# 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

**Provide 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

**Address 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

**Learn 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. Email php@pcusa.org for recommendations. Recommendations from previous PC(USA) co-moderators include *Always With Us? What Jesus Really Said About the Poor* and *Waking Up White.* (A *Waking up White Study Guide* is available in English, Spanish, Korean).
- Show a film or film series on hunger, poverty or injustice, and follow with discussion; contact php@pcusa.org for ideas.
- 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

**Adopt sustainable personal and corporate lifestyles to restore justice and protect all of God's creation.**

- Become an Earth Care Congregation.
- Offer fair trade coffee, tea, chocolate and more.
- Participate or lead a Fair Trade activity, such as an 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

**Advocate and campaign 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.

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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.

*Photos thanks to HAC Third Presbyterian Church, Rochester, NY; Jessica Maudlin, PHP; Red Uniendo Manos El Salvador; ECC Bardstown Road Presbyterian Church, Louisville, KY; Coalition of Immokalee Workers; Second Presbyterian Church, St. Louis, MO*

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