



Making connections for communities, organizations, and people

Raise Hunger Awareness in Your Community

Each year the first Tuesday of June is National Hunger Awareness Day. This year, June 5th is National Hunger Awareness Day.

On Tuesday evening, Connect Nutrition and friends will take time to renew our devotion to solving the hunger and food insecurity problems faced by many Americans and countless other people around the world. During this time, we will reflect on our dedication to achieving the eight Millennium Development Goals – the first of which is to eradicate extreme poverty and hunger.

We invite you to join us by taking a few moments of active silence, prayer, meditation, or some other peaceful action you wish to take to help manifest the goal of hunger eradication globally.

There are many activities being organized to raise awareness on this day including hunger fasts and food drives. Some other simple actions you can take include:

- Donate money or food to your local food bank
- Write a letter to the editor of your local newspaper to raise awareness of problems in your community
- Vote - for measures that reduce poverty
- Thank your local anti-hunger advocates for their hard work

For more information about National Hunger Awareness Day, to find out about events in your community, and to learn more about hunger in America go to www.hungerday.org. Take the Hunger Quiz at http://www.feedingchildrenbetter.org/pages/about_hunger/quiz/index.jsp to see how aware you are of the issues.

Dr. Martin Luther King, Jr. once said, “Cowardice asks the question, ‘Is it safe?’ Expediency asks the question, ‘Is it politic?.’ Vanity asks the question, ‘Is it popular?.’ But, conscience asks the question, ‘Is it right?.’ And there comes a time when one must take a position that is neither safe, nor politic, nor popular, but one must take it because one's conscience tells one that it is right.”

All people should have the right to enough food to live a productive and healthy life. Taking a stand against hunger is taking a stand for human rights. Raise aware of hunger on National Hunger Awareness Day and take a stand against hunger every day.