



# 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 – [pma.pcusa.org/donate/make-a-gift/gift-info/H999999/](http://pma.pcusa.org/donate/make-a-gift/gift-info/H999999/)
  - Cents-ability – [pma.pcusa.org/donate/make-a-gift/gift-info/H000107/](http://pma.pcusa.org/donate/make-a-gift/gift-info/H000107/)
- Support a feeding program with volunteers and/or financial support, or run one yourself.
  - Start/operate a soup kitchen – [endhungerinamerica.org/publications/mission-possible/](http://endhungerinamerica.org/publications/mission-possible/)
  - Find a food pantry – [networks.whyhunger.org/](http://networks.whyhunger.org/)
  - Other: Meals on Wheels, Backpack Program, etc.
- Host or support (financial and/or volunteer) a Summer Food Service Program – [fns.usda.gov/sfsp/summer-food-service-program](http://fns.usda.gov/sfsp/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* – [presbyterianmission.org/resource/food-sovereignty-all/](http://presbyterianmission.org/resource/food-sovereignty-all/)
- Partner with another church in your area to support their hunger ministry – [pcusa.org/search/congregations/](http://pcusa.org/search/congregations/)



## 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 and around the world doing this work – [pma.pcusa.org/donate/make-a-gift/gift-info/H999999/](http://pma.pcusa.org/donate/make-a-gift/gift-info/H999999/)
- 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 – [jubileeusa.org/en/faith/jubilee-congregations.html](http://jubileeusa.org/en/faith/jubilee-congregations.html)
- 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 – [coopdirectory.org/directory.htm](http://coopdirectory.org/directory.htm)
- 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 or middle school version, or both. Also available: Spanish, Latin American, and African American Congregational versions.) [pcusa.org/justeating](http://pcusa.org/justeating)
- 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 – [oxfamamerica.org/take-action/events/hunger-banquet/](http://oxfamamerica.org/take-action/events/hunger-banquet/)
- Christian education, such as a Bible study or topical seminar.
- Do a book study. List of recommended books – [bit.ly/hungerbooks](http://bit.ly/hungerbooks)  
The PC(USA) co-moderators have recommended *Always With Us? What Jesus Really Said About the Poor* and *Waking Up White* (study guide available – [pcusa.org/resource/waking-white-and-finding-myself-story-race-study-g/](http://pcusa.org/resource/waking-white-and-finding-myself-story-race-study-g/))
- Show a film or film series on hunger, poverty or injustice, and follow with discussion; contact [php@pcusa.org](mailto:php@pcusa.org) if you need ideas.
- Go on a Presbyterian Hunger Program Reflection-Action trip – [presbyterianmission.org/ministries/compassion-peace-justice/hunger/trips/](http://presbyterianmission.org/ministries/compassion-peace-justice/hunger/trips/)
- Participate in World Food Day / Food Week of Action or participate in/organize other hunger root cause events – [pcusa.org/foodweek](http://pcusa.org/foodweek)
- Volunteer. See opportunities for short-term service, internships, and mission work trips on the OGHs Engagement Map – [pcusa.org/oghsmmap](http://pcusa.org/oghsmmap)
- 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 – [advocacydays.org/](http://advocacydays.org/)



### 4. Lifestyle Integrity

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

- Become an Earth Care Congregation – [pcusa.org/earthcarecongregations](http://pcusa.org/earthcarecongregations)
- Join the Presbyterian Coffee Project and offer fair trade coffee, tea, chocolate and more – [pcusa.org/coffee](http://pcusa.org/coffee)
- Participate or lead a Fair Trade activity – [pcusa.org/fairtrade](http://pcusa.org/fairtrade)
- Host a fair trade/alternative market; contact [Jessica.Maudlin@pcusa.org](mailto:Jessica.Maudlin@pcusa.org)
- Use Eco-Palms on Palm Sunday – [pcusa.org/ecopalms](http://pcusa.org/ecopalms)
- 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.
  - Enough for Everyone's *Just Living* page has ideas & resources – [pcusa.org/justliving](http://pcusa.org/justliving)
  - *Lent 4.5* curriculum is available from PHP; contact [php@pcusa.org](mailto: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 the Bread for the World priority for the year – [bread.org/offering-letters](http://bread.org/offering-letters)
- Advocate for more livable wages.
- Call on Wendy's to join the Fair Food Program – [pcusa.org/fairfood](http://pcusa.org/fairfood)
- Ask Congress to raise the minimum wage.
- Advocate for just and sustainable food systems.
- Learn about seeds, GMOs and food sovereignty, and 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.
  - Contact Congress – [votervoice.net/PCUSA/home](http://votervoice.net/PCUSA/home)
  - *Holy Discontentment* Advocacy Guide – [presbyterianmission.org/wp-content/uploads/holy\\_discontentment\\_advocacy\\_resource\\_final.pdf](http://presbyterianmission.org/wp-content/uploads/holy_discontentment_advocacy_resource_final.pdf)
- 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](http://pcusa.org/hac).

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