



YOUR RAMADAN ACTION GUIDE

**WORKING TOGETHER
FOR A BETTER WORLD
FREE OF HUNGER**

IN PARTNERSHIP WITH





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Brought to you by Islamic Relief USA and the Alliance to End Hunger

Many individuals, organizations such as IRUSA, and coalitions like the Alliance to End Hunger are working together to build the public and political will to end hunger by supporting programs that encourage and assist with food and nutrition. There are many ways you can do your own part to help with food and security, as you will notice through this guide.

WHY HUNGER?

During Ramadan, fasting from dawn to dusk is an obligation for Muslims, but it's also a way to learn what so many people around the world feel when they don't have enough food to eat. That tired feeling, those sharp pains of hunger and thirst, that time of the day when food is all you can think about—so many people around the world feel this way all the time.

Join IRUSA to vote to end hunger—become an advocate!



Visit irusa.org/vote-to-end-hunger

Hunger hurts productivity ...

1 in 9 people on Earth do not have enough food to lead a healthy, active life.

Hunger kills people ...

More people die from hunger-related causes every year than from AIDS, malaria and tuberculosis combined. And, believe it or not, obesity can be a form of malnutrition. In some countries, including the United States, people who are living in poverty often can't afford healthy, nutritious foods. Lower quality foods that are processed contain more sugar and fillers, often are cheaper, and may be the only option for food when they can't afford anything else.

Hunger affects women and children the most...

Poor nutrition causes nearly half of deaths in children under 5.

8,500 children die every day because they don't have enough to eat.

60 percent of the world's hungry are women.

Nutrition is an essential building block of childhood development. Poor nutrition can lead children to become sick more often and recover slower. Under-nutrition can also play a factor in a child's poor performance at school.



SOUTH SUDAN

Focus: Hunger in the United States

The United States continues to see waning effects of the 'Great Recession'—with unemployment numbers continuing to drop and economic forecasts generally trending upwards. Despite these causes for hope, millions of individuals continue to struggle with poverty and hunger.

Men, women, and especially children face a continuing struggle in every community across the country. One out of every 7 U.S. households—more than 48 million Americans—struggle to put food on the table. These numbers include 5.4 million seniors and 15 million children.



JORDAN

FIGHTING HUNGER IN 2016

Fortunately, 2016 offers a unique opportunity to specifically tackle childhood hunger.

PROMOTE THE CHILD NUTRITION REAUTHORIZATION OF 2016 (CNR2016) IN THE UNITED STATES:

Child Nutrition Reauthorization (CNR2016) is the legislative vehicle that drives funding for free and reduced lunch and breakfast programs at schools, summer meals programs for kids, and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

Together, these programs help kids to live healthier lives, do better in school, and contribute to a more vibrant future in this country.



ACT NOW AND END HUNGER FOR GOOD

ADVOCATE:

Spread the word about issues relating to hunger and ways to solve them.

- Write to your local representatives to help change policies that contribute to hunger and poverty.
- Letters from constituents have an impact, especially when they're received in numbers.
- For resources on letter writing and visiting members of Congress, visit Results.org/skills_center. RESULTS trains and supports grassroots citizen activists committed to ending poverty and hunger through advocacy.
- Tell Congress to make poverty reduction and hunger eradication priorities in 2016 and beyond.

ADVOCACY RESOURCES:

- Bread for the World is a collective Christian voice urging our nation's decision makers to end hunger at home and abroad. They offer resources for faith-based advocacy on U.S. and global hunger materials to help individuals call and write elected officials. Website: Bread.org

EDUCATE:

Raise public awareness about hunger and poverty during the month of Ramadan and afterward. Oxfam America and the Food Research and Action Center provide valuable resources for planning a Hunger Banquet or organizing a Food Stamp Challenge.

HUNGER BANQUET:

- Guests at an Oxfam America Hunger Banquet draw a ticket at random that assigns them to an income group based on the statistics about the number of people living in poverty. Depending on their income level, guests receive a corresponding meal – some filling, some simple, and some just sparse portions of rice and water. All guests are invited to share their thoughts after the meal and to take action, volunteer and advocate. Download a free Oxfam America Hunger Banquet toolkit at actfast.oxfamamerica.org.

FOOD STAMP CHALLENGE:

- Live for one week on the average food stamp allotment. Host a Food Stamp Challenge to better understand how the program works and to raise awareness of hunger in your community. Learn more about hosting a challenge at frac.org/leg-act-center/advocacy-tools.

SERVE:

Coordinate food pantry or shelter efforts in your community. Partnering with local anti-hunger organizations can help guide your Islamic center's efforts to serve hungry and poor people. By partnering, you can learn a great deal about your surrounding community and find that you can have a significant and lasting impact. To find volunteer opportunities, contact your local food bank or visit feedingamerica.org.

END HUNGER AROUND THE WORLD:

Ending hunger for good means implementing projects that tackle poverty by meeting the immediate needs of hungry families and creating long-term, sustainable solutions at the same time, including:



SENDING EMERGENCY FOOD AND SUPPLIES:

In dire circumstances, families need food and supplies right away so that they can make it through another day.



EMPOWERING WOMEN:

By empowering women with tools support and education, you ensure mothers can provide for their children and themselves because they'll be able to earn a reliable and livable income.



SUPPORTING AGRICULTURE:

By helping farmers and improving local agricultural practices with training, supplies, infrastructure and more, you help farming families earn a living, and grow food to eat, in addition to developing the local economy.



IMPROVING LIVELIHOODS:

Similarly, education, financial support and tools can help families start small businesses, improve existing ones and train individuals in employable skills so they can get better job opportunities.



MAKING EDUCATION POSSIBLE:

Children need an education—it's a way out of poverty for many and it's vital for their development. With a proper education, children have a chance at a better life, and they might not have to worry about not being able to afford food.

YOUR 15 ACTIONS TO HELP END HUNGER THIS RAMADAN

1



Watch IRUSA's video at launchgood.com/feed and support a food box for a family in the U.S.

2



Visit Feeding America's Map the Meal Gap website, map.feedingamerica.org, to find out the rates of food insecurity in your community.

3



Collect funds for children in need and donate it at irusa.org.

4



Volunteer at a local soup kitchen.

5



Share a fact about hunger on your social media site and a link to where people can help!

6



Call President Obama and tell him to make ending childhood hunger a priority. Call the White House at 202.456.1111

7



Plant vegetables or herbs or both in a garden or box and grow healthy food.

8



Call your U.S. Senators and ask them to make ending childhood hunger a priority. Call 202.224.3121

9



Collect canned soups, vegetables, and fruit, peanut butter, cereal, etc. Find your local food pantry and donate your items.

10



Cook and share a meal with your neighbor or a senior to bring awareness that hunger affects all people regardless of age and religion.

11



View a special video about sharing food worldwide, and send food aid to someone in need via irusa.org/ramadan. (Make sure to share the video too!)

12



Join the Vote to End Hunger campaign at irusa.org/vote-to-end-hunger. Contact IRUSA to get a bumper sticker to display on your car.

13



Visit a sick friend or a relative in a hospital or at home and bring a homemade meal. Make dua and remember the less fortunate.

14



Prepare iftar together with children and family, and teach young relatives to help others.

15



Send an email to someone you had a disagreement with, wish them a happy and blessed Ramadan, and invite them to break bread with you.



#ADVOCACY A TWEET A DAY

President Obama and the candidates for our next president need to hear from you that ending hunger in America must be a priority. Use the following tweets to advocate ending hunger.

Sample Tweets to the President

1

1 in 7 Americans face #hunger!
@HillaryClinton and @realDonaldTrump make it a priority to #EndHunger in US & worldwide #SNAPworks @IslamicRelief

2

1 in 4 American children are food insecure!
@HillaryClinton and @realDonaldTrump make it a priority to #EndHunger #CNR2016 @IslamicRelief

3

17M US households struggle to put food on the table! @HillaryClinton @realDonaldTrump make it a priority to #EndHunger #SNAPworks @IslamicRelief

4

15M American children are food insecure!
@HillaryClinton @realDonaldTrump make it a priority to #EndHunger in the US #CNR2016 @IslamicRelief

5

#Hunger in America isnt acceptable!
@POTUS work w/ #Republicans & #Democrats in #Congress to #EndHunger #CNR2016 #SNAPworks @IslamicRelief

Congressional leadership needs to hear from you that ending hunger in America must be a priority. Use the following tweets to advocate for ending hunger to leading Republicans and Democrats in the US Senate and US House of Representatives.

Sample Tweets to House and Senate Leadership

1

15M American children r food insecure!
@McConnellPress make it #Senate #Republican priority 2 #EndHunger #CNR2016 #SNAPworks @IslamicRelief

2

15M American children r food insecure!
@SenatorReid make it #Senate #Democratic priority 2 #EndHunger #CNR2016 #SNAPworks @IslamicRelief

3

1 in 7 Americans experience #hunger!
@SpeakerRyan make it House #Republican priority to #EndHunger #SNAPworks #CNR2016 @IslamicRelief

4

1 in 6 Americans experience #hunger!
@NancyPelosi make it House #Democratic priority 2 #EndHunger #SNAPworks #CNR2016 @IslamicRelief

5

#Hunger in America isnt acceptable!
@SpeakerRyan @NancyPelosi @McConnellPress @SenatorReid work together to #EndHunger @IslamicRelief



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