



# YOUR RAMADAN ACTION GUIDE

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

IN PARTNERSHIP WITH





# WORKING TOGETHER FOR A BETTER WORLD FREE OF HUNGER



**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.

Understanding the impact of resolving hunger issues lies in understanding the difference between food security and food insecurity and closing the gap between the two. Food security is not simple matter of having food to eat, it means having reliable access to safe and nutritious food that meet dietary needs for an active and healthy life.

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Join IRUSA in working to end hunger—become an advocate!

## Hunger can kill.

Lack of nutrition goes beyond the sharp pains of hunger. It can have weakened the body and leave people vulnerable to outbreaks of illness. More people die from hunger-related causes every year than from AIDS, malaria and tuberculosis combined.

## 1 in 3 people suffers from malnutrition.

Malnutrition takes different forms, including obesity. In 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 when they can't afford anything else.

## Hunger affects women and children 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 essential in a baby's first 1,000 days of 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.



PORTLAND, USA



JORDAN

## Focus: Hunger in the United States

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 42 million Americans—struggle to put food on the table. These numbers include 5.7 million seniors and 13 million children.

And now, food assistance programs such as WIC (Women, Infants and Children) may face budget cuts. Food assistant programs help maintain a hunger net, and it important to maintain the function of such programs.

# FIGHTING HUNGER IN 2017

## Famine is threatening millions of lives.

Widespread drought has pushed millions of people into severe malnutrition in East Africa and Yemen. In some regions, rains have failed for the third year in a row. Many families are displaced, looking for food and water, and malnutrition among children is reaching emergency levels.

Although IRUSA is on the ground delivering emergency aid, famine requires more than the delivery of aid. We must create a collective effort to resolve the relatable causes of famines which include conflict, late predictions and acknowledging climate change.



## 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.

# REASONS FOR FAMINE AND FAMINE REOCCURENCE

## CONFLICT:

Nigeria, Somalia, South Sudan, and Yemen are all in a state of conflict. Conflict causes disruption in daily lives, migration, and the obstruction of aid delivery

## LATE DECLARATION:

Famine is declared when at least 20 percent of a population has extremely limited access to basic food, 30 percent or more are acutely malnourished, and the death rate exceeds 2 in 10,000 per day. At the point famine is declared, issues of mortality exacerbate and the efforts to gather aid become rushed and inconsistent.

## CLIMATE CHANGE:

Drought, The El Nino storm has been affecting the East African region since December 2015. Some areas are suffering drought and other areas have too much rain and flooding. Both can damage crops and weaken or kill livestock, leaving families unable to provide for themselves—and neither can the government in many cases.

## FACTS:

- Famine is not only about food. You can survive 3 weeks without food but you can only survive 3 days without water.
- In many drought-stricken communities, families are forced to drink water mixed with bacteria and parasites, which make them sick
- Crowded situations in camps—with weak and malnourished residents—can be perfect conditions of outbreaks of illness

## FOOD SECURITY:

Exists when all people at all times have access to sufficient, safe and nutritious food that meets their dietary needs for an active and healthy life.

## FOOD INSECURITY:

Exists when people lack access to sufficient amounts of safe and nutritious food, and therefore do not consume enough for an active and healthy life. The situation may result from unavailability of food, inadequate purchasing power, or inappropriate food distribution at the household level.



## 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 [www.launchgood.com/feed](http://www.launchgood.com/feed) and support a food box for a family in the United States.

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!

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.

12



Through [AmpleHarvest.org](http://AmpleHarvest.org), deliver excess home-grown food to a pantry. Take ownership of hunger in your community. (See last page for more.)

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.



2



Visit Feeding America's Map the Meal Gap website, [map.feedingamerica.org](http://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](http://irusa.org).

6



Call President Trump 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.

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 & share our video at [youtu.be/v7eWB1cjo9c](https://youtu.be/v7eWB1cjo9c) on sharing food worldwide, and send food to a country of your choice at [irusa.org/ramadan](http://irusa.org/ramadan).

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.



# FAST-A-THON & SHARE THE HARVEST

Don't limit your action to the month of Ramadan—take part in a monthly fast with Bread for the World.

## YOUR ACTION:

Fast or nominate a representative of your organization to fast on the 21st day of month throughout the 118th congressional session. The 21st day of the month represents the day most food assistance beneficiaries tend to run out of food.

## TWEET #FORSUCHATIMEASTHIS

on Twitter about your experience!

## AMPLEHARVEST.ORG:

AmpleHarvest.org is an organization that eliminates the waste of locally grown fresh food through donating it to local food pantries. Through utilizing the internet, Ample Harvest enables 42 million Americans who grow food in home/community gardens to donate their excess to over 8,000 registered local food pantries. It eliminates wastes, hunger and malnutrition all in one!



## YOUR ACTION:

If you don't have a garden already, create a small garden. Following the harvesting of your food, donate your produce to a local food pantry.

If you do not have access to grow a garden, volunteer at a food pantry to learn about the process and the importance of nutritious food. The food pantries help nourish 1 in 6 Americans that rely on these pantries.

## TWEET @AMPLEHARVEST



IRUSA.ORG



ALLIANCE TO END HUNGER.ORG



## ISLAMIC RELIEF USA FOOD BOX DISTRIBUTION SITES

Atlanta, GA  
Aurora, CA  
Baltimore, MD  
Bridgeview, IL  
Brooklyn, NY  
Burlington, NC  
Charlotte, NC  
Chicago, IL  
Dearborn, MI  
Decatur, GA  
Falls Church, VA  
Fountain Valley, CA  
Garden Grove, CA  
Greensboro, NC  
Inkster, MI  
Jersey City, NJ

Kansas City, MO  
Las Vegas, NV  
Los Angeles, CA  
Memphis, TN  
Minneapolis, MN  
New Haven, CT  
Oklahoma City, OK  
Orlando, FL  
Passaic, NJ  
Portland, OR  
Providence, RI  
Raleigh, NC  
San Bernardino, CA  
San Diego, CA  
Washington, DC

