

5 Ways to

Help Fight World Hunger

The U.N. has set a goal of achieving zero hunger worldwide by 2030. The U.N.'s Food and Agriculture Organization (FAO) asks governments, farmers, organizations and individuals to get involved in working toward a world where everyone has reliable access to enough nutritious food — i.e. **food security**.

Donate Food

Individuals and businesses can help their local communities by donating food to food banks and community organizations.

01

Raise Awareness

The FAO encourages people to talk to friends, family and coworkers about the zero hunger goal.

03

Financial Aid

While donating food and time are great ways to help on the local level, donating financially is probably the most efficient way to help fight hunger globally.

05

Volunteer

According to Feeding America, 51% of all food programs rely entirely on volunteers, so giving time is a great way to help bolster food security.

02

Waste Less

Wasting less food is one of the keys to creating a world without hunger. Try to buy only what is needed, eat leftovers and use scraps whenever possible.

04

Globally

The UN's **World Food Program** and **Action Against Hunger** are two large organizations fighting world hunger worth considering donating too.

Where to Get Involved Locally

Meals on Wheels: <http://mealsonwheels.bm/mow/>

Salvation Army: <https://salvationarmy.ca/bermuda/>

The Coalition for the Protection of Children (breakfast program): <https://www.coalition.bm/our-work>

SOURCES

<https://www.today.com/food/world-food-day-how-help-fight-world-hunger-malnutrition-t139743>