



one human family,
food for all 

COMMITMENT CHECKLIST: HOW TO GET INVOLVED

Personal Action and Social Outreach

- I will help start or join a community garden where I live
- I will teach someone gardening or canning
- Every month, I will donate money, fresh produce, or non-perishable food items to a food bank or community meal program, or donate them at church
- I will share food with my hungry neighbours during lean periods/ food-scarce months
- I will teach my children and family members not to waste food and instead to show solidarity with the hungry
- I will focus on not wasting food myself
- I will provide one meal each week or month to a person/ family in need of food
- I will initiate a group to transport excess produce to those in need
- I will talk with my parish priest about mobilising resources to help the hungry—perhaps through a second collection after Mass



Spiritual Engagement

- I will participate in a prayer service or novena devoted to hunger reduction
- I will devote one day a month to fasting and praying for the eradication of hunger in my community and the world
- I will organise a Mass to reflect on the goals of the “Food for All” campaign
- I will pray daily, as an individual or with my family, for an end to hunger

Education

- I will plan a learning experience for children in our community about hunger
- I will teach others about eating healthful food
- I will educate myself about how much of their income poor people in my area have to spend on food

Public Policy Engagement

- If my country's Caritas has an advocacy mailing list, I will subscribe to it and will respond to one action alert to protect food and hunger programs in my country
- I will ask my government leaders to consider the poor when local and national policies are being developed
- I will support government policies that help small farmers and the hungry