

Ways to Address Hunger in Your Community

There are many ways to address hunger in your community. Find the ones that best suit you!



Donate or volunteer at your local food pantry or food bank. Many of these organizations rely heavily on volunteers and donations to provide healthy foods to community members.

- Food banks in NC: feedingamerica.org/hunger-in-america/north-carolina
- Ask your local school staff if there's a food pantry you can support



Engage with School Meals for All NC to help make school meals available to all public school students in North Carolina at no cost to families. You can join the coalition, donate, or sign the Letter of Support.

- School Meals for All NC: schoolmealsforallnc.org



Learn more about child nutrition, food insecurity, and food and nutrition federal programs from experts. Expanding your knowledge about the issue of hunger can help you better advocate for solutions.

- Check out our YouTube: youtube.com/@carolinahungerinitiative
- Register for our annual NC Child Hunger Leaders Conference: carolinahungerinitiative.org/hungerconference/
- Food Research & Action Center: frac.org/programs



Coordinate your own local food drive to collect food or raise funds.

- Start your own canned or virtual food drive through Feeding America: feedingamerica.org/ways-to-give/food-drives
- Find or start a PORCH community neighborhood food drive: porchcommunities.org/start-a-porch



Contact your legislators about your ideas or concerns about hunger and nutrition policies.

- Templates and guidance on how to effectively establish communication: frac.org/fracturns50/advocacy



Advocate for school gardens by speaking with school administrators. Gardens at schools increase accessibility and availability of fresh fruits and vegetables. It's also a fun way to teach students about healthy eating.

- Steps to start a school garden: ednc.org/perspective-combating-food-insecurity-a-school-based-solution/



Spread the word to families about free summer meals for kids and how to access them.

- Locate food distribution sites nearest to you: summermeals4nckids.org/findmeals/



Support hunger relief and advocacy organizations (like us!) by donating. Your support allows us to make more healthy food accessible to North Carolinians.

- Make a gift to Carolina Hunger Initiative: carolinahungerinitiative.org/make-a-gift/



Participate in fundraising events in your community, such as hunger walks or empty bowl fundraisers. There are many opportunities across the state, and this is a great way to connect with fellow community members and ultimately raise funds to combat hunger.

- Charlotte CROP Hunger Walk: charlottecropwalk.org
- TABLE Empty Bowl Fundraiser: tablenc.org



Share information on nutrition assistance programs with families who may need help.

- Resources on nutrition assistance programs: go.unc.edu/e4ETz



Utilize social media platforms to discuss food insecurity and potential programs and policies that could address this issue. You can also interact with food and nutrition organizations by reposting and engaging with their content. Follow us on our social media platforms:

- Facebook: facebook.com/CarolinaHungerInitiative/
- X (Twitter): twitter.com/carolina_hunger
- Instagram: instagram.com/carolinahungerinitiative/



Sign up for our monthly newsletter for additional opportunities to get involved.

- Monthly newsletter sign up: carolinahungerinitiative.org/#contact