



# Alleviating Hunger and Eliminating its Causes

The mission of the Presbyterian Hunger Program is to alleviate hunger and eliminate its causes. Around the nation, congregations are investing time, energy, and financial resources into this mission. Pantries, meals, backpack ministries, and other programs offer food for people experiencing hunger or poverty. Even as we carry out these ministries, we are called to ask how to change the underlying conditions so that fewer people need emergency assistance and so that people can provide for the well-being of themselves and their families on a regular basis.

PHP has collected this list of ideas to help congregations who are interested in serving in ways that help eliminate the causes of hunger. It is not an exhaustive list – many approaches depend on local needs in each community. But we hope it offers ideas for those wanting to listen and learn about the needs of their neighbors and to explore holistic ways to help their communities walk in freedom from hunger.



Start or participate in a Congregation-Based Community Organization. Rent or mortgage payments can swallow up much of a family's monthly income, so many CBCOs advocate for affordable housing.

- Organizing for Justice: Essential Skills – four-day training from the Midwest Academy: [midwestacademy.com/training](http://midwestacademy.com/training)
- Learn how *some congregations are involved*.
- Contact [php@pcusa.org](mailto:php@pcusa.org) or visit [pcusa.org/cbco](http://pcusa.org/cbco) to learn more.



Help connect local farmers with your neighbors. Consider community-supported agriculture (CSA), Fresh Stop Markets, farm stands, and buying clubs. Learn more about these healthy and economic win-win possibilities in the *Food Sovereignty for All Handbook*: [presbyterianmission.org/resource/food-sovereignty-all](http://presbyterianmission.org/resource/food-sovereignty-all)



Host a community garden to offer an opportunity for community members who don't have access to tillable land to grow their own food.



Support an existing cooperative grocery or get one going in your community.  
<https://www.nationalco-opdirectory.com/>



Support education efforts that allow participants to gain better access to living wages. Consider ESL classes, community kitchen cooking classes, training in computer skills, support for resume writing, or other job training. Local libraries, food banks, or other service agencies may also be aware of additional training or support opportunities.



Do an Offering of Letters for Bread for the World's yearly priority:  
[bread.org/offering-letters](http://bread.org/offering-letters)



Advocate for fair access to public transportation, which increases employment opportunities for those who live in underserved communities.



Talk with Congress and other elected officials and/or their staff to advocate for just and sustainable food systems, livable wages, and more.

- Sign up for alerts: [votervoice.net/PCUSA/home](http://votervoice.net/PCUSA/home)
- Find advice for contacting your legislators by phone, in writing, and in person in the *Holy Discontentment* Advocacy Guide: [pcusa.org/holydiscontent](http://pcusa.org/holydiscontent)



Buy and sell fair trade products. Learn more: [pcusa.org/fairtrade](http://pcusa.org/fairtrade) and [pcusa.org/ecopalms](http://pcusa.org/ecopalms)



Stand with siblings around the world who are working for justice related to food and land, extractives and environment, and trade. Learn more:

[presbyterianmission.org/together-justice/](http://presbyterianmission.org/together-justice/)



Become a *Jubilee Congregation*. Help grow the voice and moral presence of faith communities in the struggle to break the chains of debt in the developing world:

[jubileeusa.org/en/faith/jubilee-congregations.html](http://jubileeusa.org/en/faith/jubilee-congregations.html)



Consider ways your congregation can connect with farmers in celebration of our interconnectedness to one another and God's good creation. Explore the FaithLands Toolkit for ways to steward church land: [bit.ly/fltoolkit](http://bit.ly/fltoolkit)



Share information about how community members can connect with food, housing, health and emergency service providers. Visit [211.org](http://211.org) or call 211; or gather and share a resource list of providers in your own community.

*Photos L-R thanks to AsoFenix, Nicaragua; ARUWE, Uganda*

Presbyterian Hunger Program is helping communities access more and better food, standing with those who are calling for justice, and working to help achieve a more livable environment for all.

[www.pcusa.org/hunger](http://www.pcusa.org/hunger)

