



What can I do to reduce hunger in North Dakota?

Help **achieve the vision:** *a hunger-free North Dakota* and work to reduce food insecurity for North Dakotans! Prior to the pandemic 9 in 100 people faced food insecurity. At times during 2020, as many as 30% of North Dakota families with children who faced food insecurity prior to the pandemic reported they “sometimes” or “often” did not find enough to eat.

- Help your neighbor find access to food from our [website](#)
- As you harvest from your garden and find you have more squash than you can eat or more apples than you can make into apple crisp, share with your neighbors in need through the [Hunger Free North Dakota Garden Project](#)
- Hunters, be part of North Dakota Community Action’s [Sportsmen Against Hunger](#) Program and donate geese or deer collected through bow hunting
- Volunteer at a local food pantry or soup kitchen if you are able
- Donate funds or food to a [local food pantry or soup kitchen](#), or organize a virtual (online) food drive
- Donate food or funds to the [Great Plains Food Bank](#) and their network of partners across the state
- Find out about the backpack program in your school or community and contribute to that
- Make a contribution to your local United Way pledge drive
- Respond with facts when you hear people citing myths (about hunger, SNAP, people in poverty)
- Be aware of what is in your cupboards, refrigerator and freezer and work to reduce food waste; in the US, up to 40% of our food is thrown away!
- Teach your children how to cook & garden, hunt & fish so they have the skills to be self-sufficient
- Support business and agencies who work toward ending hunger
- Tell your elected representatives that you support ending hunger in North Dakota by ensuring that SNAP benefits are adequate
- Healthy School Meals for All help to ensure that children have what they need to achieve to their fullest potential; support school meal programs
- Explore and support ways to get at the root causes of hunger and food insecurity. It is not that there is not enough food for all, it is lack of resources to purchase food. A living wage, affordable housing, child care support and more provide resources to help ensure adequate food for all.