



What can I do to reduce hunger in North Dakota?

If you want to help **achieve the vision:** *a hunger-free North Dakota* and work to reduce food insecurity for a growing number of North Dakotans, which was 9 in 100 prior to the pandemic. From April-July, 2020, as many as 30% of North Dakota families with children who faced food insecurity prior to the pandemic are reporting that they are “sometimes” or “often” not finding enough to eat.

- Help your neighbor find access to food from our [website](#)
- Plant an extra plant or an extra row in your garden to share with your neighbors in need through the [Hunger Free North Dakota Garden Project](#)
- 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
- Donate to the ND Community Foundation [COVID-19 Community & Nonprofit Response Fund](#)
- Make a contribution to your local United Way pledge drive
- As you harvest from your garden and you have more squash than you can eat or more apples than you can make into apple crisp, share with your local food pantry
- Hunters, be part of North Dakota Community Action’s [Sportsmen Against Hunger](#) Program and donate geese or deer collected through bow hunting
- 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 increasing the SNAP maximum benefit and extending that to all who participate
- 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.