

## Steps for a Hunger-Free Community

*These actions steps were compiled by the House Select Committee on Hunger, chaired by Rep. Tony Hall (D-OH). In 1992, a “sense of the Congress” resolution was passed endorsing these steps and encouraging communities to solve the hunger and malnutrition problems of their residents. In 2008, Congress appropriated \$5 million in grants to support communities who are working to become hunger free.*

In order to become hunger free, communities should work toward:

1. Having a community-based emergency food delivery network that coordinates the services of programs such as food pantries, food banks, and congregate meals facilities;
2. Assessing food insecurity problems and evaluating existing services in the community to determine necessary strategies for responding to unmet needs;
3. Establishing a group of individuals, including low-income participants, to develop and to implement policies and programs to combat food insecurity, to monitor responsiveness of existing services, and to address underlying causes and factors related to hunger;
4. Participating in federally assisted nutrition programs that should be easily accessible to targeted populations, such as the Federal programs that provide school breakfast, school lunch, summer food, child care food, and food for homeless and older individuals;
5. Effectively integrating public and private resources, including local businesses, to alleviate food insecurity;
6. Having an education program about food needs of the community and the need for increased local citizen participation in activities to alleviate food insecurity;
7. Having available information and referral services for accessing both public and private programs and services;
8. Having initiatives for alleviating food shopping constraints through the development of creative food resources such as community gardens, buying clubs, food cooperatives, community-owned and operated grocery stores, and farmers' markets;
9. Carrying out activities to identify and target food services to high-risk populations;
10. Having adequate transport and distribution of food from all resources;
11. Coordinating food services with park and recreation programs and other community-based outlets to which residents of the area would have easy access;
12. Improving public transportation, human service agencies, and food resources;
13. Having nutrition education programs for low-income citizens to enhance good food-purchasing and food-preparation skills and to heighten awareness of the connection between diet and health; and
14. Having a program for collecting and distributing nutritious food, either agricultural commodities in farmers' fields or foods that have already been prepared, that would otherwise be wasted.