

Call To Action

Businesses:

- Plant a garden on site, allow employees to tend to the garden and donate items to food shelf or community meal site.
- Schedule 2-3 employees per month to spend a paid day/half day/couple of hours at a local food shelf or community meal, or for meals on wheels.
- Provide a handout to employees of volunteer opportunities in the community/United Way Volunteer Connection and/or a list of community resources (including food resources and other resources) or 211 information. <http://getconnected.unitedwayhelps.org/>
- Offer a “wear jeans to work” day weekly/monthly for a fee that is donated to the local food shelf. Post signage so customers/clients also know what is happening for the day.
- Sponsor a day/week of bring a dish to share or bring a lunch from home and the amount people save is donated to a food shelf.
- Invite speakers regarding food insecurity, food resources, etc. to staff/employee meetings to educate and inform.
- Commit to being a Farmer’s Market “market bucks” or a grocery store “produce bucks” sponsor to provide a \$3 or \$5 match per customer/EBT user who is purchasing fresh produce.
- Run a United Way campaign
- Commit to pay a livable wage for employees/provide generous pay increases.
- Identify a position that can devote time to volunteer/project organization.

Schools, Faith Groups, Civic Groups:

- Plant a garden on site, faculty, staff &/or students/groups tend to the garden and donate the items to local food shelf or community meal site or incorporate into school lunch menu. For information on Farm to School efforts go to: <http://www.farmtoschool.org/our-network/Minnesota>
- Encourage students/groups to volunteer time at their local food shelf or community meal
- Run a United Way campaign.
- Provide a handout to faculty/staff/students/members of groups regarding volunteer opportunities in the community/ United Way Volunteer Connection and/or a list of community resources (including food resources and other resources) or 211 information. <http://getconnected.unitedwayhelps.org/>
- Identify a position that can devote time to volunteer/project organization

Individuals/Families:

- Plant a garden and donate a portion of the produce to the local food shelf or community meal.
- Check with a local church to put extra produce from your garden in the entry way for free will offering to be donated to local food shelf or community meal.
- Volunteer at local meals on wheels, food shelf, or community meal. Or call United Way Volunteer Connection for other ideas. <http://getconnected.unitedwayhelps.org/>
- Share crop with a senior who has a garden but is not able to do the work any longer. Able-bodied persons do the work and share the produce with the garden owner.
- Instead of eating out, cook at home and donate what you save to a food shelf.
- If you notice someone in the grocery line with you who could use a little help, carry an extra \$20 bill to give to the cashier to help pay their bill or add a gift card to their purchase.
- Pay it Forward: Pay money to a cashier to pay for the next person in line behind you at a coffee shop, fast food line, etc. It usually stops with a person who really needs a financial boost at the time.

Everyone:

- Organize food drives (friends, family, groups, neighborhood, employees, etc.) of personal hygiene items for the local food shelf or community meal (deodorant, toilet paper, feminine hygiene products, diapers, wet wipes, tooth brushes & tooth paste, etc.).
- Organize cash donations for the local food shelf rather than food (they can purchase more food at lower prices).
- Plant an orchard in open space on land and donate the produce to a food shelf
- Provide statistics of how much a food shelf can buy with \$25 compared to groceries in a store or eating a meal in a restaurant.
- Share what you have learned at this Lunch and Learn with at least 3 other people (family, friends, neighbors, relatives, co-workers, groups, etc.).
- Give up or cut coffee/pop consumption in half for a week and donate the difference to a food shelf.
- Join one of the five United Way Community Solutions Teams (Access to Food, etc.).
- If you notice someone in the grocery line with you who could use a little help, carry an extra \$20 bill to give to the cashier to help pay their bill or add a gift card to their purchase.
- Pay it Forward: Pay money to a cashier to pay for the next person in line behind you at a coffee shop, fast food line, etc. It usually stops with a person who really needs a financial boost at the time.
- Bake/cook and share items with a neighbor or co-worker in need.
- Adopt a food shelf by making a monthly financial commitment.



- Pay attention to the needs of those around you (friend, relative, neighbor, co-worker, employee, church or group member) and share food with them or give a gift card (directly or anonymously).
- Educate yourself on hunger issues and share your knowledge with others.