



# YOUR RAMADAN ACTION GUIDE

**WORKING TOGETHER  
FOR A BETTER WORLD  
FREE OF HUNGER**

IN PARTNERSHIP WITH





# WORKING TOGETHER FOR A BETTER WORLD FREE OF HUNGER



Brought to you by Islamic Relief USA and the Alliance to End Hunger

Many individuals, organizations such as IRUSA, and coalitions like the Alliance to End Hunger are working together to build the public and political will to end hunger by supporting programs that encourage and assist with food and nutrition. There are many ways you can do your own part to help with food and security, as you will notice through this guide.

## WHY HUNGER?

During Ramadan fasting from dawn to dusk is an obligation for Muslims, but it's also a way to learn what so many people around the world feel when they don't have enough food to eat.

That tired feeling you might get while you're fasting, those sharp pains of hunger and thirst, the smell of food that your nose is especially sensitive to while your stomach is growling, that time of the day when food is all you can think about—so many people around the world feel this way all the time.



Courtesy of: Bread for the World

## Hunger hurts productivity ...

1 in 9 people on Earth do not have enough food to lead a healthy, active life.

## Hunger kills people ...

More people die from hunger-related causes every year than from AIDS, malaria and tuberculosis combined. And, believe it or not, obesity can be a form of malnutrition. In some countries, including the United States, people who are living in poverty often can't afford healthy, nutritious foods. Lower quality foods that are processed contain more sugar and fillers, often are cheaper, and may be the only option for food when they can't afford anything else.

## Hunger affects women and children the most ...

Poor nutrition causes nearly half of deaths in children under five.

8,500 children die every day because they don't have enough to eat.

60 percent of the world's hungry are women.

Nutrition is an essential building block of childhood development. Poor nutrition can lead children to become sick more often and recover slower. Under-nutrition can also play a factor in a child's poor performance at school.



malawi

## Focus: Hunger in the United States

The United States continues to see waning effects of the 'Great Recession'—with unemployment numbers continuing to drop and economic forecasts generally trending upwards. Despite these causes for hope, millions of individuals continue to struggle with poverty and hunger.

Men, women, and especially children face a continuing struggle in every community across the country.

According to the U.S. Department of Agriculture, 14.3 percent of households (17.5 million) struggle to put food on the table throughout the year. Even more disturbing is the fact that over one in five (21.4 percent) children live in a food insecure household.



Jordan

# FIGHTING HUNGER IN 2015

Fortunately, 2015 offers a unique opportunity to specifically tackle childhood hunger.

## PROMOTE THE CHILD NUTRITION REAUTHORIZATION OF 2015 (CNR2015) IN THE UNITED STATES:

Child Nutrition Reauthorization (CNR2015) is the legislative vehicle that drives funding for free and reduced lunch and breakfast programs at schools, summer meals programs for kids, and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

Together, these programs help kids to live healthier lives, do better in school, and contribute to a more vibrant future in this country.



## ACT NOW AND END HUNGER FOR GOOD

### ADVOCATE:

Spread the word about issues relating to hunger and ways to solve them.

- Write to your local representatives to help change policies that contribute to hunger and poverty.
- Letters from constituents have an impact, especially when they're received in numbers.
- For resources on letter writing and visiting members of Congress, visit [Results.org/skills\\_center](http://Results.org/skills_center). RESULTS trains and supports grassroots citizen activists committed to ending poverty and hunger through advocacy.
- Tell Congress to make poverty reduction and hunger eradication priorities in 2015 and beyond.

### ADVOCACY RESOURCES:

- Bread for the World is a collective Christian voice urging our nation's decision makers to end hunger at home and abroad. They offer resources for faith-based advocacy on U.S. and global hunger materials to help individuals call and write elected officials. Website: [Bread.org](http://Bread.org)

### EDUCATE:

Raise public awareness about hunger and poverty during the month of Ramadan and afterward. Oxfam America and the Food Research and Action Center provide valuable resources for planning a Hunger Banquet or organizing a Food Stamp Challenge.

### HUNGER BANQUET:

- Guests at an Oxfam America Hunger Banquet draw a ticket at random that assigns them to an income group based on the statistics about the number of people living in poverty. Depending on their income level, guests receive a corresponding meal – some filling, some simple, and some just sparse portions of rice and water. All guests are invited to share their thoughts after the meal and to take action, volunteer and advocate. Download a free Oxfam America Hunger Banquet toolkit at [actfast.oxfamamerica.org](http://actfast.oxfamamerica.org).

### FOOD STAMP CHALLENGE:

- Live for one-week on the average food stamp allotment. Host a Food Stamp Challenge to better understand how the program works and to raise awareness of hunger in your community. Learn more about hosting a challenge at [www.frac.org/leg-act-center/advocacy-tools](http://www.frac.org/leg-act-center/advocacy-tools).

### SERVE:

Coordinate food pantry or shelter efforts in your community. Partnering with local anti-hunger organizations can help guide your Islamic center's efforts to serve hungry and poor people. By partnering, you can learn a great deal about your surrounding community and find that you can have a significant and lasting impact. To find volunteer opportunities, contact your local food bank or visit [www.feedingamerica.org](http://www.feedingamerica.org).

## END HUNGER AROUND THE WORLD:

Ending hunger for good means implementing projects that tackle poverty by meeting the immediate needs of hungry families and creating long-term, sustainable solutions at the same time, including:



### SENDING EMERGENCY FOOD AND SUPPLIES:

In dire circumstances, families need food and supplies right away so that they can make it through another day.



### EMPOWERING WOMEN:

By empowering women with tools support and education, you ensure mothers can provide for their children and themselves because they'll be able to earn a reliable and livable income.



### SUPPORTING AGRICULTURE:

By helping farmers and improving local agricultural practices with training, supplies, infrastructure and more, you help farming families earn a living, and grow food to eat, in addition to developing the local economy.



### IMPROVING LIVELIHOODS:

Similarly, education, financial support and tools can help families start small businesses, improve existing ones and train individuals in employable skills so they can get better job opportunities.



### MAKING EDUCATION POSSIBLE:

Children need an education—it's a way out of poverty for many and it's vital for their development. With a proper education, children have a chance at a better life, and they might not have to worry about not being able to afford food.

# YOUR 10 ACTIONS TO HELP END HUNGER


## IN THE LAST 10 DAYS OF RAMADAN



### Allah, the Exalted, says:

“Worship Allah and join none with Him; and do good to parents, kinsfolk, orphans, Al-Masakin (the poor), the neighbour who is near of kin, the neighbour who is a stranger, the companion by your side, the wayfarer and those whom your right hands possess.” (4:36)

**Day 21**




**View and share our End Hunger video.**

**Day 22**




**Visit Feeding America's Map the Meal Gap website to find out the rates of food insecurity in you state and community.**

**Day 23**



**Family Day**  
Download your Kids 4 Syria cutout and collect funds for kids in need in Syria.

**Day 24**



**Service Day**  
Volunteer at a local soup kitchen, as a family plan to do something good today. In Islam, every good deed, no matter how small, is Sadaqah.

**Day 25**



**Knowledge Day**  
Share a fact about hunger on your social media site and a link to where people can help!

**Day 26**



**Advocacy Day**  
Call President Obama and tell him to make ending childhood hunger a priority. Call the White House at 202.456.1111

**Day 27**



**Environment Day**  
Plant vegetables or herbs or both in a garden or box and grow healthy food!

**Day 28**



**Advocacy Day**  
Call your U.S. Senators and ask them to make ending childhood hunger a priority. Call 202.224.3121


**Night of Power: Say this dua!**  
O ALLAH, on this day, bestow on me the blessings of Laylatul Qadr, change my affairs from (being) difficult to (being) easy, accept my apologies, and decrease for me [my] sins and burdens, O the Compassionate with His righteous servants.

**Day 29**



**Family Day**  
Collect canned soups, vegetables, and fruit, peanut butter, cereal, etc. Find your local food pantry and donate your items.

**Day 30**



**Service Day**  
Cook and share a meal with your neighbor or a senior during the night to bring awareness that hunger effects all people regardless of age and religion.

Links: (copy and paste)



# #ADVOCACY A TWEET A DAY

President Obama needs to hear from you that ending hunger in America must be a priority during his remaining time in the White House. Use the following tweets to advocate on ending hunger to the President.

## Sample Tweets to the President

### Day 21

1 in 6 Americans face #hunger!  
@POTUS please make it a @WhiteHouse priority to #EndHunger in US & worldwide #SNAPworks @IslamicRelief

### Day 22

1 in 4 American children are food insecure!  
@POTUS please make it a @WhiteHouse priority to #EndHunger #CNR2015 @IslamicRelief

### Day 23

17M US households struggle to put food on the table! @POTUS please make it a @WhiteHouse priority to #EndHunger #SNAPworks @IslamicRelief

### Day 24

16M American children are food insecure!  
@POTUS please make it a @WhiteHouse priority to #EndHunger in the US #CNR2015 @IslamicRelief

### Day 25

#Hunger in America isnt acceptable!  
@POTUS work w/ #Republicans & #Democrats in #Congress to #EndHunger #CNR2015 #SNAPworks @IslamicRelief

Congressional leadership needs to hear from you that ending hunger in America must be a priority. Use the following tweets to advocate for ending hunger to leading Republicans and Democrats in the US Senate and US House of Representatives.

## Sample Tweets to House and Senate Leadership

### Day 26

16M American children r food insecure! @McConnellPress make it #Senate #Republican priority 2 #EndHunger #CNR2015 #SNAPworks @IslamicRelief

### Day 27

16M American children r food insecure!  
@SenatorReid make it #Senate #Democratic priority 2 #EndHunger #CNR2015 #SNAPworks @IslamicRelief

### Day 28

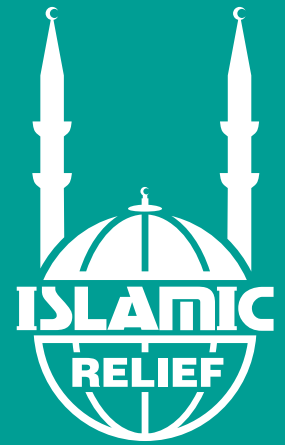
1 in 6 Americans experience #hunger!  
@SpeakerBoehner make it House #Republican priority to #EndHunger #SNAPworks #CNR2015 @IslamicRelief

### Day 29

1 in 6 Americans experience #hunger!  
@NancyPelosi make it House #Democratic priority 2 #EndHunger #SNAPworks #CNR2015 @IslamicRelief

### Day 30

#Hunger in America isnt acceptable!  
@SpeakerBoehner @NancyPelosi @McConnellPress @SenatorReid work together to #EndHunger @IslamicRelief



IRUSA.ORG



ALLIANCE TO END HUNGER.ORG

