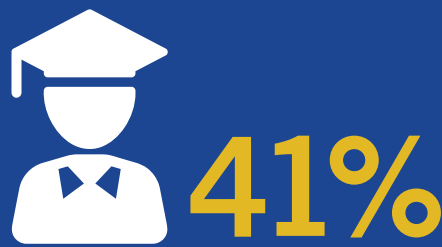


FIGHT AGAINST HUNGER WITH ISLAMIC RELIEF USA

Links Between Hunger and Poverty

Hunger doesn't just affect an individual's physical health. Its prolonged effects could include lower incomes, less education and higher likelihood of mental illness.

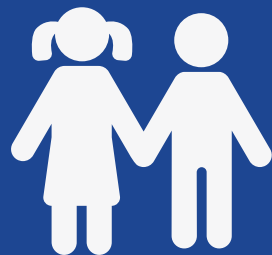


That's the percentage of how unlikely it is for a persistently poor child to obtain a college education, based on the findings from the Urban Institute.

37.2 MILLION AMERICANS



OF THAT, ABOUT 11.2 MILLION CHILDREN, OR ABOUT 15.2%



LIVE IN FOOD INSECURE HOMES

APPROXIMATELY 5.5 MILLION SENIOR RESIDENTS (AGES 60+) WERE FOOD INSECURE, ACCORDING TO A 2017 ANALYSIS BY FEEDING AMERICA.



Hunger As A Voting Issue

Government policies can have a big effect in hunger prevention. Basically, the federal government provides funding for various food security programs. These programs make sure that people with low incomes, senior citizens, and children from impoverished backgrounds do not miss their meals.

In 2018, the last year for which comprehensive data is available, some 56 percent of food insecure households participated in at least one of three major federal food assistance programs; SNAP, WIC, and the National School Lunch Program.

Still, nearly half of all food-insecure households that could be provided with assistance from these programs aren't receiving it. With the recent coronavirus outbreak having forced many people to work from home, it's essential that people do not go hungry during difficult times.

In addition to working adults, millions of students relying on lunches and breakfasts served at schools suddenly found themselves bereft of these essential services. And, millions of senior citizens who relied on meals served at their local senior centers --or delivered to their homes--were impacted.

While community groups and nonprofit organizations stepped up to fill some of the gaps, it's necessary that government serves as the primary safety valve during times of distress. As a member of the Vote to End Hunger Coalition, Islamic Relief USA encourages voters to consider the important role of government in addressing hunger when casting ballots. It's important to know how your lawmakers feel about long-standing anti-hunger programs that increase food security and decrease malnutrition.

2020 RAMADAN FOOD DISTRIBUTION SITES



California
Georgia
Illinois
Maryland
Michigan
Minnesota

Missouri
North Carolina
New Jersey
New York
Oklahoma
Oregon

Pennsylvania
Rhode Island
Texas
Virginia

RAMADAN ACTION GUIDE

Working Together for a World Free of Hunger

IN PARTNERSHIP WITH



LEARN MORE AT [IRUSA.ORG/ VOLUNTEER](https://www.irusa.org/volunteer)



30 DAY RAMADAN ACTION GUIDE

Day 1

Check on your neighbors to make sure they're doing fine and have enough essential items during these difficult times.

2

write your own

3

Host a "green iftar" for less than 10 people (Consistent with general social distancing guidelines). greenramadan.com

4

Design Ramadan placemats.

5

Try something meatless/vegetarian.

6

write your own

7

Give financial contributions to your local or a religious-based food banks.

8

Purchase an Islamic Relief USA food box for someone in need.

9

Sign up to volunteer. Learn about opportunities at irusa.org/volunteer

10

Make a special dua for those who have passed away.

11

Send a card to a person living in a senior residential facility.

12

Call your U.S. Congress member and ask him/her to make ending childhood hunger a high priority.

Call (202) 456-1111

13

Visit the Vote to End Hunger website votetoendhunger.org

14

Collect canned goods and donate to local pantries.

15

write your own

16

Recommend to a non-Muslim friend to fast one day, from sunrise to sunset. End the day by breaking fast with them virtually.

17

Make a special dua for your family, neighbors and community.

18

Deliver meals or groceries to shut-ins.

19

Call your U.S. Senator and ask them to increase foreign assistance to help countries fight COVID-19 and hunger.

Call (202) 456-1111

20

Post a fact about hunger on social media channels.

21

Share a reflection. For ideas, visit the Ramadan Reflections 2019 page on YouTube.

Click here.

22

Start a food drive via social media platforms (Twitter, Facebook, TikTok)

23

write your own

24

Try cooking a dish from another country.

25

Plant your own garden. For more information, visit: seedprograms.org/work-with-us/become-a-global-gardener

26

Make a list of duas you'd like to say on the 27th night.

27

write your own

28

Collect funds for children in need and donate them to irusa.org

29

Make a list of unhealthy foods you hope to avoid.

30

Make dua that your Ramadan is accepted and that you're blessed with many more to come.