Ending hunger in our state is possible. It will take all of us to create positive change in large and small ways in our communities, our state house and town halls, schools, businesses, and places of worship.

One out of 10 of our Colorado neighbors is hungry today. Here’s what you can do:

- **Increase awareness** about hunger and solutions within your community. If you are experiencing hunger, share your story.
- **Learn about hunger in your community.** Look at the data, prevalence of hunger and your community’s performance in addressing hunger (gapmap.org and endhungerco.org).
- **Talk to your neighbors** struggling with food insecurity about their experiences and ideas. Exchange information about community resources and nutrition benefits.
- **Help set up summer meals programs** for kids. Great sites include schools, child and youth centers, local parks, libraries, and for an intergenerational program, partner with a senior center!
- **Get involved** with local schools to advocate for equal access to breakfast and lunch and after-school meals and snacks. Help your schools succeed in reaching all hungry kids!
- **Talk to your health care providers** about the prevalence of hunger, the health impacts of hunger and how they can help their food insecure patients.
- **Meet with your legislators** and let them know that hunger in Colorado is solvable, that the majority of Colorado voters support efforts to end hunger, and ask how they will support anti-hunger efforts.
- **Volunteer** at local agencies supporting food security. Teach healthy cooking classes, help stock foods for your local food bank/pantry, help deliver meals to those in need.
- **Support local farmers** in efforts to increase access to healthy foods. Help harvest foods. Support tax incentives for Colorado Proud food donations. Support farm-to-school initiatives.

Use your voice and your connections to raise awareness and solve hunger in your local community!

For more information on the many ways you can participate to end hunger, please go to endhungerco.org.