

“Overcoming poverty is not a task of Charity, it is an act of Justice.”

Nelson Mandela

If you can't feed a hundred people, then feed one.”

Mother Teresa

If we can conquer space, we can conquer childhood hunger.”

Buzz Aldrin

## Some More Ideas About the Challenge to End Hunger

In addition to the ideas given by LCWR Region 4 - Think about and act on some other ideas related to hunger:

- Reducing Food Waste - Try reducing your own food waste. This is especially important in countries like the U.S which contributes more to climate change, but feels the effects, less than more vulnerable countries who fear to take these steps towards **Climate Justice**. You can also ask your representatives to commit to reducing food waste on a policy level.
- Share your Knowledge/Story - What is your experience with any involvement in hunger issues, if you have any? Go on the internet and learn more or read a book on hunger. Share what you have learned that way in conversation or on social .
- Be an Advocate - Learn how to build the will to end hunger through groups, such as Bread for the World, Alliance to End Hunger, Action Against Hunger, Food for the Hungry, etc. , all found on the Internet.

Don't Forget the Power of Prayer - During Catholic Sisters Week: Challenge to End Hunger - March 8 to 12, 2021, remember in your prayers to pray for those who have not enough food to eat. During that week if possible make a petition at Mass on hunger. After that week, keep the hunger problem in mind in your private and public prayer.

*“If you can pray for the hungry, then feed them.  
This is how prayer works.”*

- Pope Francis

