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## Food for the Hungry Shares Three Ways to Celebrate World Food Day

PHOENIX (Oct. 12, 2016) – On World Food Day, October 16, people around the world come together to make a commitment to eradicate hunger in our lifetime. Phoenix-based, international non-profit, Food for the Hungry is leading the charge by establishing sustainable farming programs in the world's hardest hit areas. But what can the average person do to help end childhood malnutrition and save lives? Food for the Hungry suggests the following ways to celebrate World Food Day.

1. **Raise Awareness.** Use the power of social media to raise awareness of World Food Day, and share post on your social media pages with the hashtag #WorldFoodDay. A suggested post follows:

While 1 in 7 people go to bed hungry, the world has the means to eliminate global hunger.  
<http://bit.ly/2dVxyy9> #WorldFoodDay

2. **Select an Agriculture Gift from the Food for the Hungry Catalog.** Support Food for the Hungry programs that end poverty through sustainable farming. A \$68 donation pays for a **keyhole garden**. This sustainable garden is highly effective in producing high-nutrient crops with very little water, particularly in dry climates where growing other crops is difficult. A \$29 donation pays for **vegetable seeds** that can provide nutrition and income opportunities for those in need. Last year, FH helped over 700,000 children in nutritional programs. Vegetable seeds play a huge role in that. Without the necessary nutrients, young children are likely to suffer irreversible developmental losses, including low IQ, inability to concentrate, and failure to grow to a full, mature stature. Learn more here: <https://fh.org/give/catalog/agriculture-food-income>

3. **Preserve the Earth's Resources.** The theme for this year's World Food Day is *Climate is changing. Food and agriculture must too.* Do your part to protect the earth's limited natural resources by consuming less energy, buying organic or growing your own food. Download Food for the Hungry's free ebook on the subject: [The Startling Link Between Conservation & Hunger](#).

### About Food for the Hungry

Founded in 1971, Food for the Hungry provides emergency relief and long-term development programs with operations in more than 20 countries, seeking to end all forms of human poverty. Using solutions that are innovative and community-specific to the complex view of poverty, Food for the Hungry contributes to community-owned transformations that empower children, families and communities to invest in their own development.

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