

GOOD CITIZENSHIP

Improving Millions Of Lives By Alleviating Hunger

(NAPSA)—Today, 840 million people worldwide suffer from the debilitating effects of chronic malnutrition and hunger. That's nearly three times the population of the United States. And more than 30,000 children under the age of 5 die every day, mostly from preventable causes including malnutrition and diarrhea.

Fortunately, groups and individuals—at churches, mosques, synagogues, temples, high schools, community centers and campuses across the country—are taking action to end hunger and poverty.

For more than 30 years, Oxfam America's *Fast for a World Harvest* has reached out to communities all over the United States to help raise awareness about the root causes of hunger and poverty. Participants choose to skip a meal or eat a simple meal, host a "Hunger Banquet" or organize other creative and educational events.

"The *Fast* is a unique experience because, while participants are raising awareness of hunger and poverty to help build community on the global level, they are strengthening their own communities at the local level," said Nancy Delaney, Oxfam America's National Outreach Manager.

During last year's *Fast* season, students at Iowa State University embodied the spirit of compassion and cooperation. Students from the Catholic Student Center, Hillel, the Muslim Student Association and the Rock, a Christian group, collaborated to bring *Fast* events to their campus, including an interfaith service. These events helped raise awareness that, for instance, 12 million children in the United



It's possible to change the stark reality faced by the millions of people around the world who live in poverty and hunger.

States live in households that have to skip meals to make ends meet.

John Donaghy, campus minister at Iowa State, watched this group work together and observed that this was "a time of enlightenment" for everyone and it confirmed what we all ultimately know: "Yes, there's a lot that we share."

This lesson from the heartland is something that can be brought to communities nationwide. People want the best for their families, friends and neighbors—the ones down the street and across the ocean. Through the *Fast for a World Harvest*, concerned individuals act as global citizens and raise awareness to alleviate hunger and poverty for the millions who live with it daily.

Increased awareness is the first step toward change, the first step toward alleviating the hunger and poverty that affect millions. For more information on how you can get involved with the *Fast*, visit www.oxfamamerica.org or call 800-597-FAST.