

GET FED UP



When Children are hungry, they can't learn, play or dream. It's a devastating reality that millions of young people face around the world. Even here in the U.S., 1 in 6 kids don't know what it's like to feel full – and still, nothing changes. **We're fed up. Aren't you?**

WHAT'S GET FED UP?

Get Fed Up is a movement to finally end childhood hunger. We're leading the fight against food insecurity with a campaign to raise awareness and inspire lasting change. Through peer-to-peer fundraising, volunteer efforts and advocacy we're creating a world where no child has to worry about where their next meal will come from.

WHAT'S THE URGENCY?

- We're in the midst of a global food security crisis. The number of hungry kids is rising, and children's physical and mental health is at risk – and so are their futures.
- **The Farm Bill** gives millions of kids access to nutritious food. It supports farmers in the U.S. and helps families around the world build resilience – but it must be renewed by September 2023.
- Almost 20 million children in the U.S. rely on the Supplemental Nutrition Assistance Program (SNAP). But these benefits aren't enough to get households through an entire month without hunger. We must strengthen SNAP so no family has to sacrifice nutrition.



Share how you're fighting childhood hunger with [@savechildren](https://twitter.com/savechildren) using [#GETFEDUP](https://twitter.com/GETFEDUP) or email getfedup@savechildren.org – you might end up in our newsletter!

GET FED UP AND GET INVOLVED

Fundraise.

- **Host a “Friendsgiving” Dinner.** *Include a fundraising link* in the invitation, encourage your guests to donate and set an empty plate to spark a conversation about childhood hunger.
- **Make a Cookbook.** Create a community cookbook full of your friends’ and family’s favorite holiday dishes. Donate the cost of making each meal or exchange recipes for donations.
- **Engage Local Restaurants.** Ask restaurants to put out a collection jar or donate a portion of sales during the holiday season.
- **Swap Takeout for a Donation.** Opt for a cheaper meal at home and donate the money you save. Post on social media and ask friends to follow your lead – don’t forget to tag @savethechildren and use #GETFEDUP!

Advocate.

- **Host an “Evening of Advocacy.”** Ask guests to write postcards or Letters to the Editor urging your representatives to renew the Farm Bill.
- **Design a Public Art Project.** Art can be a powerful form of activism and sharing messages. Create a piece of art that underscores the importance of child nutrition and the Farm Bill.
- **Organize a Town Hall.** Gather your community and local leaders to learn about the Farm Bill.
- **Vote.** We must elect leaders who put children’s needs first. Your voice matters!

Mobilize.

Hunger isn’t seasonal. Get your community to support child nutrition year-round.

- **Partner with a Food Pantry or Community Garden.** Invite friends to start a long-term volunteer project.
- **Start a Community Compost.** Encourage your neighbors to recycle their food waste.
- **Organize a Food Co-Op.** Ask local cafeterias, dining halls and workplaces to donate leftover food.
- **Host a Summer Block Party.** Use the event to fundraise and advocate for the Farm Bill.

SEE YOUR #GETFEDUP FUNDRAISING IMPACT

Nourish a Child

\$15 can feed a malnourished child for one week.

Fill a Food Basket

\$25 can fill a food basket with essentials like rice, oil, beans and wheat.

Give a Kitchen Kit

\$35 can provide a family in crisis with a pressure cooker, kettle and utensils.

Supply Lifesaving Food

\$50 can feed three children for one month.

Provide Vital Treatment

\$100 can help a severely malnourished child survive with vital food and medicine.

Encourage Learning

\$1K can provide breakfast and lunch to 200 kids for top performance in school.

Support Mothers

\$5K can build a safe place for nursing mothers and their babies

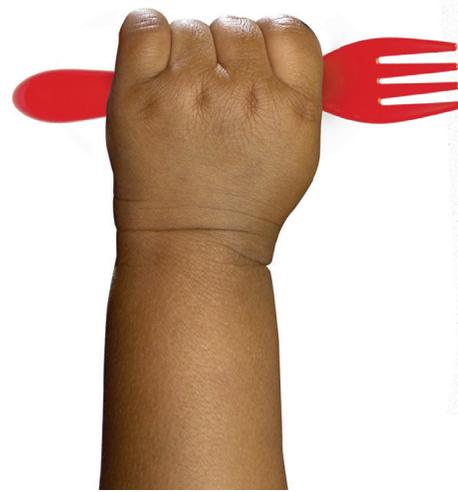
Deliver Nutrition

\$10K can purchase a boat to transport nutrition specialists to remote communities.

Start a fundraiser today!

<http://support.savethechildren.org/getfedup-fundraise>

Or scan the QR code:



GET FED UP!