

# How Can You Use Your Culinary Expertise For Good?



## WITH 2 MINUTES

from your desk:

- look into your local food pantry or food bank & set up a link on your blog / site's sidebar "No one deserves to go hungry". Use it to connect locals to your regional food bank. Promote the food bank's shopping wish list
- promote a local hunger-fighting org in your area through signage in your workplace / social media presence, etc.
- post photo / recipe featuring food scraps and leftovers
- highlight the affordability of seasonal produce
- share a smart shopping strategy
- post hunger statistics to your colleagues and followers

out and about:

- post a low-cost meal on your social media (photo + recipe)
- grab items for your local food pantry during a regular shopping trip. Snap a pic and share your pantry link to encourage others to do the same

## WITH 10 MINUTES

from your desk:

- write a post / article about the pledge you made during this IACP session + your takeaway from it
- post an article highlighting your local anti-hunger organization
- call your local food pantry / food rescue group and offer to shadow their work for an upcoming article
- Re-work a recipe to be lower-cost and share with the community
- write your local or state lawmaker about hunger in your community (check out the stats for your area from sites below)
- post a video on how to cut and prep seasonal food
- get informed: check out research on sites like FRAC or No Kid Hungry to learn more about the problem of hunger

out and about:

- demo a SNAP or low-cost recipe at your local grocery store / farmer's market / PTA meetings
- demo how to read a nutrition fact label or recipe at your local PTA meeting
- check out MeetUp, nonprofit coalitions, or other community gatherings in your area working on issues of diversity, social justice, economic equity
- shoot & share the organization where you're dropping off food donations (plus how easy it was to donate!)

## WITH 1 HOUR:

from your desk:

- work with a local writer / publication to feature the work of a local hunger org in your area OR photograph an event like Kids Helping Kids, MLK Day of Service, etc. call local food org to find out when events are happening
- research any existing community food rescue efforts in your area. Connect with a nearby shelter, school, or resource center about picking up leftover food. Consider becoming a volunteer food runner.
- determine a way to coordinate proceeds (maybe portion of dessert price) for a hunger-related cause in your area
- tell at least 2 colleagues / locals restaurants about the Bill Emerson Good Samaritan Act, and encourage them to connect with a shelter accepting food donations
- invite youth from a local at-risk middle / high school to tour a local cooking school

out and about:

- attend a dialogue on social justice at your local bookstore / coffeeshop / community college and seek out ways you can play a role in highlighting the connection to hunger
- reach out to your local fire department and offer to cook lunch (with some Healthy Bulk Cooking tips throughout)
- attend a charity event, photograph / blog about it / make a donation (Taste of the Nation, Feast, etc.)
- shadow a staff member / volunteer who is already working to fight hunger (maybe the principal of a school who tucks weekend food bags into her students' backpacks) and write about your experience
- interview a school counselor about working with families who don't know where their next meal is coming from
- volunteer as a driver with Meals On Wheels

## **WITH 1 DAY:**

out and about:

- connect with a local school about their career day
- invite youth to your culinary school, promote self-sustainability by introducing culinary career opportunities
- Host a low-cost menu planning/cooking workshop at your restaurant, donate cost of the workshop to a hunger organization
- organize a school garden with a local school
- talk about hunger to your local PTA, rotary club, faith group, etc.
- volunteer to glean at a nearby farm
- gather your friends / family / fellow professionals for a joint volunteer experience. Then go write about it!
- host a CHOPPED event in partnership with a local hunger-fighting organization highlighting foods they provide for families. donations for entry go to your local foodbank.

## **FURTHER READING: ONLINE**

Food Insecurity Map

<http://map.feedingamerica.org/>

Hunger Facts

<http://www.worldhunger.org/hunger-in-america-2015-united-states-hunger-and-poverty-facts/>

Food Rescue Locator

<http://sustainableamerica.org/foodrescue/>

Montgomery County, Maryland just launched a Food Security plan to improve food access to all residents

[http://www.montgomerycountymd.gov/exec/Resources/Files/pdf/MoCo\\_Food-Security-Plan\\_2017.pdf](http://www.montgomerycountymd.gov/exec/Resources/Files/pdf/MoCo_Food-Security-Plan_2017.pdf)

Farm to Foodbank programs around the USA

<http://www.endfoodwaste.org/farm-to-food-bank.html>

The Center for a Livable Future (food system policy, food production, food communities, sustainability)

<http://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-a-livable-future/>

Chef Training Program for Individuals In Need

<http://www.ny1.com/nyc/all-boroughs/nyer-of-the-week/2017/01/27/andrea-bergquist-zamir--uses-high-end-cooking-skills-to-teach-new-yorkers-in-need.html>

An east-coast restaurant franchise highlighting dessert proceeds

<https://www.greatamericanrestaurants.com/mikes/Info/CommunityPartnerships>

A social venture to break the cycle of hunger and poverty

<https://dcentralkitchen.org/>

A Video on Community Food Rescue

<https://vimeo.com/139401315>

K-12 Food Rescue Program in 350 schools

<http://www.foodrescue.net/>

Organizing tool for food rescue donation as a citizen and / or restaurant owner

<http://www.foodrescue.net/become-a-food-donor---archive.html>

The innovative work of DJ Cavem (who raps about vegetables)

[http://www.confluence-denver.com/features/dj\\_cavem\\_080515.aspx](http://www.confluence-denver.com/features/dj_cavem_080515.aspx)

Bill Emerson Act

<http://www.foodtodonate.com/Fdcmain/LegalLiabilities.aspx>

## **SESSION PRESENTERS:**

ELLEN DAMASCHINO, Share Our Strength <https://www.nokidhungry.org/>  
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LINDSEY SEEGER, Manna Food Center <http://www.mannafood.org/>  
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### **FURTHER READING: PRINT**

All You Can Eat, How Hungry is America

Common Fire

Nickle and Dimed

Food Politics

Salt Sugar Fat

The Stop

### **PODCASTS AND BLOGS**

Add Passion and Stir

Hacking Hunger

The Hunger and Undernutrition blog

Hunger Blog, Feeding America

### **FILMS**

Hunger Hits Home

A Place at the Table

### **ORGANIZATIONS**

Feeding America

Share Our Strength

Meals on Wheels

Project Bread