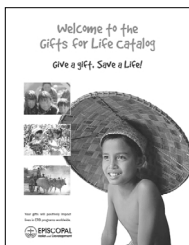


7 Things You Can Do to Help End Hunger

- 1. Start today.** There is much that one person — *you* — can do to end hunger and poverty. We feed a hungry world one person at a time. **Ending hunger starts with you ... by touching one person at a time.**
- 2. Support local church programs** to feed the hungry.
- 3. Know the facts.** In order for there to be “no hunger” you must personally “know” hunger. You can go to www.er-d.org to learn more about the world’s hungry.
- 4. Make your voice heard!** Spread the vision for helping the hungry. Educate others about hunger. And, contact your lawmakers and urge more assistance for those who are hungry.
- 5. Donate money to help end hunger.** Make a gift online today at www.er-d.org and click “make a gift,” or mail your contribution via the enclosed reply envelope to ERD at P.O. Box 12043, Newark, NJ 07101, or call 1.800.334.7626, ext. 5129. Your donation will help to eliminate the worst aspects of hunger and malnutrition.
- 6. Pray for a world without hunger.** Every time you open your refrigerator, remember the hungry by saying this prayer: *Give us grateful hearts, our Father, for all your mercies, and make us mindful of the needs of others; through Jesus Christ our Lord. Amen.*
- 7. For Christmas this year, order your gifts from the ERD Gifts for Life**



Catalog. When you purchase a gift, you’ll also help feed hungry people in some of the most desperate places in the world. To request your gifts catalog, go to www.er-d.org.

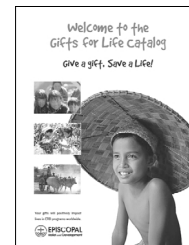
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Every Day Counts ...
Ending hunger starts with you.

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