

# WAYS TO STAY ENGAGED

## LEARN MORE ABOUT HUNGER AND SNAP

- **[www.mazon.org](http://www.mazon.org)** – Browse the MAZON website to familiarize yourself with the organization and its work.
- **[www.mazon.org/the-reality-of-hunger/](http://www.mazon.org/the-reality-of-hunger/)** – This particular page on the MAZON site offers additional information about the reality of hunger in America, including an interactive map where you can find statistics about hunger in your state.
- **[www.mazon.org/the-reality-of-hunger/hunger-myths/](http://www.mazon.org/the-reality-of-hunger/hunger-myths/)** – This page offers several myths about who is hungry in America and why – and then shares the reality about hunger today.
- A Short History of SNAP: **[www.fns.usda.gov/snap/short-history-snap](http://www.fns.usda.gov/snap/short-history-snap)**
- A Closer Look at Who Benefits from SNAP: State-by-State Fact Sheets: **[www.cbpp.org/research/a-closer-look-at-who-benefits-from-snap-state-by-state-fact-sheets](http://www.cbpp.org/research/a-closer-look-at-who-benefits-from-snap-state-by-state-fact-sheets)**

## VOLUNTEER AT A LOCAL FOOD BANK OR FOOD PANTRY

- **[www.feedingamerica.org/take-action/volunteer](http://www.feedingamerica.org/take-action/volunteer)** – No matter where you are, the area where you live is probably served by a food bank or pantry. This link will help you find the closest food bank to you. Even if they do not have any volunteer opportunities, they can probably connect you to food pantries or other local non-profits.
- After you volunteer, share your experiences with politicians and...

## WRITE TO YOUR LOCAL ELECTED OFFICIAL ABOUT PROTECTING SNAP

- **[www.usa.gov/elected-officials](http://www.usa.gov/elected-officials)** – you can use this website to find the e-mail or phone number for your local, state and national representatives. Write them a letter or give them a call. If you have experience volunteering in food pantries or other food assistance nonprofits, write about how those experiences have shaped your views about SNAP. Politicians really do take these their constituents' opinions into consideration!

## ENGAGE WITH MAZON. VISIT:

- **[www.mazon.org/take-action](http://www.mazon.org/take-action)** – look for opportunities to support MAZON's efforts by participating in their advocacy campaigns.
- **[www.mazon.org/ways-to-give](http://www.mazon.org/ways-to-give)** – donate money to MAZON, or if you don't have money to give, organize a fundraiser!

**MAZON**

A Jewish Response  
To Hunger