**Democracy:**
action taken by engaged citizens working together to create a community with shared opportunities

**Advocacy:**
a tool used by individuals and communities to protect the vulnerable among us and advance change

**4 WAYS TO BE AN ADVOCATE:**

- **RAISE AWARENESS**
  Educate others on the shocking prevalence of hunger in America.

- **TAKE ACTION**
  Join and promote MAZON advocacy campaigns.

- **USE SOCIAL MEDIA**
  Post hunger facts and facilitate a conversation with your friends, followers and your elected officials.

- **STAY ENGAGED**
  Sign up for MAZON advocacy alerts to get the latest news.