

“In what ways can we as a community rally together to address hunger in Sonoma County?”



Now that you know more about hunger by attending Sonoma County’s inaugural Hunger Index Forum, you can harness our collective energy and move forward! If the Forum inspired you to act, we have identified **12 ACTIONS** you can take to close the meal gap.

1. Volunteer at a local food pantry or meal program

- Here is a [link](#) listing the community groups that tabled at the Forum, but there are many more organizations and projects that need your help.

2. Advocate at your local City Council for hunger-relief support

- Encourage cities to incorporate hunger relief efforts in their General Plans
- Suggest that city-owned buildings be made available free-of-charge to food pantries and meal providers
- Suggest that city-owned land be used for community gardens
- Propose that city budgets include a line item specifically supporting local hunger-relief efforts
- Provide resource and referral information for general circulation

3. Start (or volunteer at) a community garden

- [Community Garden Network of Sonoma County](#) at 707-544-6911 x1009

4. Plant a row in your own garden and donate the harvest to a local food pantry

5. Volunteer to deliver meals or groceries to homebound seniors

- [Council on Aging](#) at 707-525-0143
- [Petaluma People Services](#) at 707-765-8488
- [Redwood Empire Food Bank](#) at 707-523-7900

6. Share available resource information with those that need it

- A link to the [bilingual flyer](#)!

7. Donate vital food and funds to hunger-relief efforts

- Here is a [link](#) listing the community groups that tabled at the Forum, but there are many more organizations and projects that need your help.

8. Join the Hunger Index Committee and lend your voice and energy to closing the meal gap

- Contact [George](#), [Suzi](#) or [Lisa](#) for information on our next meeting

9. Train as a Promotores de Salud and share about health and nutrition with your community

- [Northern California Center for Well-Being](#) at 707-575-6043

10. Volunteer to glean

- [Petaluma Bounty](#) at 707-364-9118
- [Farm to Pantry](#) at gleaning@farmtopantry.org

11. Take action on any of the items on the Hunger Index participants [list](#)

12. Innovate!