



# **WHITE HOUSE CHALLENGE TO END HUNGER AND BUILD HEALTHY COMMUNITIES: COMMUNITY ACTION TOOLKIT**

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THE WHITE HOUSE  
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# BACKGROUND

President Biden set a bold **goal of ending hunger and increasing healthy eating and physical activity by 2030 so fewer Americans experience diet-related diseases—all while reducing disparities**. To realize this goal, a whole-of-government and whole-of-society approach is needed. In September 2022, for the first time in over 50 years, the Biden-Harris Administration hosted a White House Conference on Hunger, Nutrition, and Health and released a [National Strategy](#).

The National Strategy outlines steps the federal government will take, proposals that Congress can enact, and a call to action for all sectors of society. Joining the Administration in this movement, over 60 companies, foundations, non-profits, and other entities committed over \$8 billion in [commitments](#) on the day of the Conference.

This is an important and significant start, but we know that more must be done. Hunger and diet-related diseases are complex issues that will take time to address. And everyone, in every community, has a role to play. **In March 2023, the Biden-Harris Administration launched the [White House Challenge to End Hunger and Build Healthy Communities](#)**—encouraging stakeholders to rally a second round of bold and impactful commitments. We encourage you to join us as we collectively set a course for a healthier future.

# ABOUT THE TOOLKIT

Everyone is welcome to participate in the White House Challenge to End Hunger and Build Healthy Communities. One way to participate is by making a commitment (find out how [here](#)). Another way is to get your community engaged. This toolkit is designed to help you—whether you are a community organization (big or small), an individual, a local business, a state or local legislator, or a Member of Congress—be a part of the movement to end hunger and reduce diet-related diseases by sharing stories, volunteering, having conversations, and hosting events with organizations and individuals in your community. Let’s continue to raise awareness of the Biden-Harris Administration’s goals and identify actions that you and your community can take—big or small—to help bring us one step closer to eliminating hunger and reducing diet-related diseases.



# OVERVIEW OF THE WHITE HOUSE CHALLENGE TO END HUNGER AND BUILD HEALTHY COMMUNITIES

In the summer of 2022, the White House launched a nationwide call to action to meet the ambitious goal laid out by President Biden. Americans responded with a historic package of private- and public-sector [commitments](#). To continue the work started at the White House Conference on Hunger, Nutrition, and Health, the White House Challenge to End Hunger and Build Healthy Communities encourages business, civic, academic, and philanthropic leaders to commit to taking specific actions that will drive progress in implementing the five pillars of the [National Strategy on Hunger, Nutrition, and Health](#):

## **Pillar 1: Improve food access and affordability**

- Support school food programs.
- Ensure kids have access to nutritious meals in the summer.
- Reduce barriers to participation and involve community members in federal assistance programs.

## **Pillar 2: Integrate nutrition and health**

- Invest in health-related social needs, including increasing food security screenings and expanding nutrition services.
- Strengthen health professionals' education in nutrition and physical activity.

## **Pillar 3: Empower all consumers to make and have access to healthier choices**

- Create environments that support healthier choices.
- Bolster local food procurement.

## **Pillar 4: Support physical activity for all**

- Offer more opportunities to be physically active in communities.
- Support comprehensive physical activity programs in schools.

## **Pillar 5: Enhance nutrition and food security research**

- Fill nutrition research gaps to support development of the Dietary Guidelines for Americans.
- Build the evidence-base and translate it into action for improved access to federal assistance programs.

The White House Challenge to End Hunger and Build Healthy Communities is also an opportunity for communities to raise awareness and champion the change needed to end hunger and increase healthy eating and physical activity.



**RAISING AWARENESS IN  
YOUR COMMUNITY**

# SHARE A STORY

Community organizations, individuals, or local businesses can write a blog post, an article for your local paper, or a letter to your elected officials to shine a spotlight on how food insecurity and diet-related diseases impact your community, or how an individual or organization is doing inspiring work in your community that is aligned with the White House Challenge. Hearing stories about hunger and diet-related diseases can also help ensure that our actions are grounded in and guided by lived experiences.

# VOLUNTEER WITH AN EXISTING ORGANIZATION

Individuals giving their time to an organization they care about is an impactful way to be a champion for change. Consider volunteering your time at a non-profit organization in your community. There are many organizations across the country that focus on alleviating hunger, building a better food system, improving opportunities for physical activity, or addressing health equity. Many of these organizations rely on volunteers to achieve their goals and remain productive. For example, consider volunteering at a food pantry or community garden, or volunteer to coach a youth sports team. You could also volunteer to do outreach for SNAP, WIC, Medicaid, or summer meals.

There are several volunteer matching websites such as the examples below that can help you identify an opportunity in your community that aligns with your skill set and availability.

- <https://www.volunteer.gov/>
- <https://www.volunteermatch.org/>
- <https://engage.pointsoflight.org/>

If you already actively volunteer in your community, consider inviting your friends, family, or neighbors to join you!

# HOST A VOLUNTEER EVENT

There are many creative ways to raise awareness around hunger and diet-related diseases, including planning an event or activity that specifically meets the needs of your community. Community organizations and local businesses can:

- Host a fundraiser to support a local anti-hunger organization.
- Collect food donations through a food drive.
- Invite a local chef or dietitian to present a cooking demonstration at their organization, a local farmer's market, or community center.
- Partner with a local farm and sponsor a mobile produce market.
- Host a day of service at a local park, playground, or greenspace dedicated to litter and debris removal, maintenance work, invasive species removal, or trail maintenance to improve access and usability.

State and local elected officials and Members of Congress can also visit community organizations and local businesses to learn about and support innovative approaches that address their constituents' needs.

## **TIPS TO CONSIDER:**

- Get the word out! Post flyers in high-traffic areas and on social media, or even partner with the local media, to publicize your event. There may be members of your community who are outside of your organization that want to attend and/or serve.
- Plan in advance. Permits are typically required to utilize local parks, parking lots, or grocery stores.
- Consider partnering with another organization. You can maximize impact locally by expanding partnerships.
- Consider partnering with your state, city, county, or Tribal government and elected officials to amplify your reach.



# HOST A DISCUSSION

As an individual you can host a neighborhood meeting or talk about hunger and health at a Parent Teacher Association meeting. State or local elected officials or Members of Congress can organize a town hall or panel discussion at a local community center, library, or place of worship to hear from their constituents.

## TIPS TO CONSIDER:

- Pull together information or statistics about hunger and diet-related diseases in your local area and share stories of how these issues have impacted individuals within your own community. Check out some of these resources:
  - [USDA's Food Security Key Statistics & Graphics](#)
  - CDC's National Center for Chronic Disease Prevention and Health Promotion's [Open Data Portal](#)
  - [CDC's Nutrition Data & Statistics](#)
- Identify issues such as the safety and accessibility of parks, walking trails, or public greenspaces that might impact opportunities for physical activity and ask the audience to discuss possible solutions.
- Invite panelists and audience members with lived experience and expertise.
- Include representation from different sectors such as academia, State, local, and Tribal government, non-profit, and faith-based organizations to include a broad range of perspectives.
- Select a strong moderator. A strong moderator will bring out invaluable discussion from your guest(s) and will encourage audience participation.
- Incorporate questions from the audience to maximizes engagement and allow the speakers to connect with everyone in the room.
- Ask participants to share stories about programs or ideas that are working well in your community and what things they would like to see improved.

Hosting a discussion can raise awareness of the impact of hunger and diet-related diseases in your community, foster insightful discussion, and, potentially, prompt participation in the White House Challenge. Having an informal conversation with your friends, neighbors, and community members is also a good way to get others involved in thinking about how we can reach the important goal of eliminating hunger and increasing healthy eating and physical activity.

# HOST A FUN RUN OR PHYSICAL ACTIVITY EVENT

There are lots of fun ways to support your friends, family, and neighbors in being more physically active. Community organizations, local businesses, and individuals can host a:

- Fun run, walk, or roll;
- Yoga class in the park;
- Online fitness class;
- A community bike ride; or
- Day-of-service to clean up a local park or walking trail.

When planning these activities, it is important to include accommodations and activities that work for everyone, including individuals with disabilities.

Events centered around physical activity could also be organized as part of a fundraiser to raise money for infrastructure improvements or sports equipment that will foster even more physical activity opportunities in the future (e.g., walking trails, playgrounds, sports equipment for schools and youth organizations).

# WE WANT TO HEAR HOW YOU HAVE ENGAGED IN THE WHITE HOUSE CHALLENGE!

Most people personally know someone who has experienced hunger or a diet-related disease making this a national challenge that requires a national response—we are calling on all Americans to play a role. We welcome you to share your ideas and stories with us through our [web comment portal](#).

We also encourage you to share pictures and stories of you and your community participating in activities or events related to the White House Challenge on social media using the following tag **#WHConfHungerHealth** and tagging **@WhiteHouse**.

To learn more about the White House Challenge and progress on implementing the National Strategy on Hunger, Nutrition, and Health, we encourage you to [sign up](#) to receive email updates. By signing up, you will also receive invitations to join the White House for monthly update calls. This is a great way to become part of the national movement and learn more about what the Administration is doing.

It will take everyone working together to cultivate the change needed to finally end hunger and reduce diet-related diseases and disparities.

Thank you for being a partner as we build a healthier and more equitable future for America.



**White House Challenge to End Hunger and Build Healthy Communities**