

## **Six ways YOU CAN HELP Dutchess Outreach fight hunger:**

1. [Write to your government](#). Put pressure on legislators and other decision makers by contacting them directly. **Vote** for candidates who are taking a stand against hunger.
2. [Use the media](#). Why not write a letter to the editor of your local newspaper on your feelings about hunger?
3. **Spread the word with social media**. Get into the discussion and make yourself heard.
4. [Volunteer](#) to help out.
5. [Organize a food drive](#).
6. [Donate](#).