


#headhandsheart

Let's use our head
to study and be well informed

The more I know about the reality of poor people's lives, the more convinced and effective my own commitment will be. To find solutions, you have to know the problem.


I commit myself


 I **commit** personally to update myself by reading and learning about the problem of hunger at local and global levels: I'll ask myself: "why is poverty increasing?"




Find out and share what else you can do...

We are stronger together

 **Make** a list of all those (people, groups, organisations or authorities) in our town or city who share our same goal: let's see if it is possible to work together.

 **Find out** about the laws concerning food waste in our own countries: apply them and ask others to put them into practice too.

 **Spread** the culture of giving.




Let's discover and share what else we can do...

#headhandsheart


Let our hearts hear
the cry of those who suffer:
increase our awareness and
make others aware too

I commit myself


I can't put an end to hunger in the world on my own; I want to involve as many other people as possible.

 I **won't let** even a day go by without thinking or praying for those living in poverty and those who are dying of hunger.

The goal of beating hunger can be reached through our own witness and by involving many other people.

 I **commit** to explaining about #zerohunger to my friends, classmates, relatives and acquaintances. I will ask them to spread this new lifestyle with us.

 I **will share** good practice and news of events aiming towards the #zerohunger goal on social networks.

 **Wars** cause poverty and hunger. I commit to building peace where I live, fostering a capacity to dialogue and a peaceful sharing of opinions among all.





Find out and share what else you can do...


THE GOAL
#ZEROHUNGER
BY
2030


#headhandsheart

We are stronger together

 **Let's go** to meet those who are poor and listen to what they can "teach us."

 **Let's ask** our schools to do something to increase awareness about the subject of #zerohunger (at least once a year, for example during World Food Day on 16th October). We can suggest they invite experts but also make sure there is time for people's stories and the witness of life.

 **Let's ask** restaurants and supermarkets in our town or city not to throw away food that is left over or about to pass its sell by date, but to share it for example with soup kitchens or food banks. Share the good practice that some restaurants and supermarkets are already doing.

 **To avoid** the logic of war being the rule between individuals and nations, we ourselves can be peace builders from now on: welcoming those who are different or foreign, not envying people, not stealing today so as to never steal at all.

 **Let's write** to centro.rpu@focolare.org or on the Facebook/Instagram pages of the United World Project to share all our ideas and the projects we are doing in our own town or city.



Let's discover and share what else we can do...


#headhandsheart


"Let's open our hands
to giving and to welcoming
others"

I commit myself


Concrete daily action can help beat hunger.

Every year one third of all food is thrown away (1.3 billion tons). This is almost 4 times the amount of food needed to feed the 800 million people who are undernourished.


 I **commit** to avoiding all types of waste, starting with the food on my plate.

 I **commit** to buying and consuming at home foods close to the sell by date, so that it is not wasted and thrown away by the supermarket; I will choose fruit that is mature or bruised etc. so that it will not be thrown away.

The shortage of food in the world is linked to a shortage of water.

 I **commit** to not wasting the water I use: by taking shorter showers and turning off taps so that water does not flow to no purpose; by using a glass instead of running water when I clean my teeth.

Hunger has increased because of damage to the environment.

 I **commit** to using ecologically friendly materials and to reducing my use of polluting materials such as plastic and to re-using objects like bottles for water.

Find out and share what else you can do...





#zerohungergeneration

A COMMITMENT TOWARDS A UNITED WORLD

Edited by Teens for Unity – the Focolare Movement*

There is enough food and water on our planet for everyone, but some people have too much and some have too little. Of the 7.5 billion people who live on Earth, some have everything (education, houses, clothes, cars and motorbikes; the internet, cinema and TV series, travel, holidays, sport and fitness) but A HUGE NUMBER don't have what is essential even for survival. Do we like living in a world like this? NO, we don't! We believe that living conditions on our planet can really change, starting from our own personal commitment. What can we do? You too can make your contribution, whether you start from your own daily life, or with your friends. Our generation wants to be the first to eliminate hunger from the world, the **#zerohungergeneration**. That is why we want to spread a different lifestyle by getting our head, heart and hands to work for this goal **#headhearhands**.

"If you can't feed a hundred people, at least feed one"
St Teresa of Calcutta


#headhearhands


I commit myself


A very large quantity of natural resources, especially water, is used to produce meat, in comparison with the amount used to produce vegetables or pulses. Meat production requires 10 times more water than the amount needed for the same quantity of grain.

 I **commit** to frequently eating meat free meals, perhaps substituting pulses for meat.


The battle against hunger also requires genuine attention to and sharing with the people who are close by.

 I **commit** to sharing what I own through the communion of goods, to sharing my ideas, my talents and my time.


 Find out and share what else you can do...

 **Let's go** to help in soup kitchens or places where food is given to the poor, inviting our friends to come too.


 To **safeguard** nature, we commit to caring for our environment and we will throw rubbish in the bin rather than on the street or in green spaces. Together we commit to promoting separate waste collection/recycling.

 **Let's organize ecological activities** to protect and increase the green spaces in our towns and cities.

We are stronger together

 The **culture of giving** and of sharing does not stop at the boundaries of our town or city; let's look further and put it into practice globally. Let's promote and support solidarity** projects and help goods to circulate in a worldwide network.

Some of the information in this charter is taken from: Activity book: The climate is changing. Food and agriculture too, World Food Day 2016, FAO, Rome, 2016, and Forests for kids, Learning Guide (age 8-13), Rome, FAO, 2017.

 Let's discover and share what else we can do...

Is there a rule that can sum up our commitment?

Yes, there is! It is the Golden Rule present in all the great religions and shared by all people of good will: "Treat others as you would have them treat you". It sums up all the points in this commitment charter.



* This commitment charter was drawn up by the Teens for Unity of the Focolare Movement in Algeria, Angola, Korea, Croatia, the Philippines, Guatemala, India, Ireland, Italy, Switzerland and the USA (Texas, California e Illinois). The "Zero Hunger" Objective of the FAO (The United Nations Organisation for Food and Agriculture) aims to beat hunger on our planet by 2030.

** Teens for Unity do this through the Teens4Teens Projects.

