

SHINE A LIGHT ON A BRIGHTER FUTURE



LET YOUR ACTIONS LEAD THE WAY

Every day, 16 million children in the United States don't get the food they need to thrive. That's 1 in 5 kids who face food insecurity on a daily basis. At the same time, 70 billion pounds of food are wasted each year.

Here's a bright idea: What if we could give it our all—in ways big and small—to make childhood hunger a thing of the past?

Project Sunlight, created by Unilever, is a growing movement of people committed to creating a better future for our children in a world where everyone has enough food to eat.

We all have the power to shine—so let's illuminate a bright future for all children. Go to **PROJECTSUNTLIGHT.US** to discover how your actions can help lead the way.



COMMIT AN ACT OF SUNLIGHT

From supporting hunger relief charities to volunteering at a local food bank—every big and small “give” adds up to build positive forward momentum. Try these bright ideas today to help turn the tables on hunger.

GROW & GIVE



Many food pantries have difficulty providing fresh fruits and vegetables, essentials for a healthy diet, on a regular basis.

Commit a section of your garden to those in need, and arrange a weekly Saturday morning harvest and drop off. Or enlist local leaders in repurposing an unused plot of land to create a community garden.

REDUCE WASTE



Any time you live mindfully and responsibly, you are committing an Act of Sunlight to create a healthier planet and a better world for our children.

From supporting hunger relief charities to volunteering at a local food bank to recycling paper and plastic to conserving water—every big and small give adds up to something huge we can give to future generations.

SHOP SMART



Stretch your food dollars each week by shopping mindfully, and then commit your savings to supporting

hunger charities. Limit impulse purchases by shopping with a thorough list. Plan a weekly menu that utilizes ingredients across at least three meals. Then...coupon, coupon, coupon. Every dollar you save can help make a real difference for families in need.

→ **JOIN** Project Sunlight and commit your own Act of Sunlight. Visit **PROJECTSUNTLIGHT.US** to learn how you can help.

