

Sowing Resilience

Gather to Grow Host Toolkit

The
Hunger
Project.



**World
Hunger
Day**
28 May



Welcome & Orientation

Everything You Need to Host with Purpose

thp.org

What is The Hunger Project?

The Hunger Project is a global, nonprofit organization committed to ending hunger and poverty through sustainable, community-led solutions. We work in partnership with community leaders—especially women—to create long-term, systemic change by strengthening local food systems, expanding access to education and health care and supporting civic engagement.

At the heart of our approach is the belief that individuals can invent local solutions and dismantle the systems that keep hunger and poverty in place. When people awaken to their voice, creativity and vision, families enjoy nourishing meals, girls go to school for the first time, and women deliver safely and speak up where decisions are made.

Our vision is a world without hunger.

Our mission is to facilitate individual and collective action to transform the systems of inequity that create hunger and cause it to persist.

What is World Hunger Day?

Founded by The Hunger Project in 2011, World Hunger Day is held every year on May 28 to highlight the importance of sustainable solutions in ending hunger and food insecurity. Rather than focusing on short-term aid, this day celebrates the power of people to lead their own change.

2025 Theme: Sowing Resilience

Resilience starts with people. The Hunger Project is a movement of empowered individuals who plant seeds of change in their communities, strengthening their ability to withstand the environmental, economic and political shocks that can cause hunger.

Let's Get Growing.

Your Step-by-Step Host Guide

You're in! You've officially joined the *Gather to Grow* movement as a host—and we're so glad to have you at the table.

This toolkit can help you plan a gathering with heart, purpose and impact. From conversation starters to meal inspiration, everything you need is right at your fingertips.

PLAN YOUR GATHERING

- Pick Your Day:** Choose any day in May to host your gathering.
- Choose Your Space:** Host at home, work, outdoors or even virtually.
- Invite Your People:** Friends, family, coworkers—anyone who wants to connect with purpose.

PLAN YOUR MENU

- Choose What You'll Serve:** Pick a dish to share and bring people together.
- Source Your Ingredients Locally:** Shop with purpose—support local farmers, markets, and sustainable producers.
- Invite Guests to Contribute:** Ask guests to bring a dish, ingredient or story that connects to food, community or resilience.

HOST WITH INTENTION

- Set the Scene:** Share photos and videos that bring real faces and voices to your table.
- Start the Conversation:** Use prompts, THP stories or stats to guide meaningful dialogue.
- Capture and Reflect:** Encourage guests to share quotes, reflections or photos using #SowingResilience on social media or email us your photos at investorengagement@thp.org.



Pick Your Day. Choose Your Space. Invite Your People.

Every plate tells a story. Every table plants a seed.

Ethiopia, 2022 © The Hunger Project

Gather to Grow is more than a shared meal—it's a moment to spark meaningful connection and reflect on what it takes to build a more just and resilient world.

At The Hunger Project, we believe that lasting change starts at the community level. That's why we invest in people-powered solutions that address the root causes of hunger—from connecting farmers directly to tables and markets, to advancing climate-smart agriculture that restores the earth. When you host a *Gather to Grow* event, you're helping to bring that vision to life in your own community.

Why we gather:

- To create space for conversation and connection
- To bring The Hunger Project's mission to the table
- To raise awareness about food equity and resilience
- To inspire reflection and invite action
- To be part of a global movement working to end hunger for good

Whether it's a potluck brunch, a backyard dinner or a virtual hangout, your gathering becomes part of something bigger. Every shared story, every locally inspired dish and every meaningful conversation adds to the ripple effect of change. Let your table be a platform—for learning, for listening and for planting the seeds of transformation.

Bring Others In, One Invitation at a Time.

Use this sample email to spark your own creativity in inviting and enrolling your guests—make it your own, and lead with heart.

Sample Email Invitation Template

Subject Line: You're Invited: A Meal With Meaning

Hi [Name],

This May, I'm hosting a Gather to Grow meal as part of The Hunger Project's World Hunger Day initiative—and I'd love for you to join me!

It's a simple, meaningful way to connect around a shared meal and have a conversation about food, resilience, and what it takes to build a sustainable future together.

When: [Insert date + time]

Where: [Insert location or virtual link]

Bring: A dish, a story or just yourself.

No need to prepare anything formal—just come with an open mind and a hungry heart.

Let me know if you can join!

Warmly,
[Your Name]





Plan Your Menu. Why Source Locally?

At The Hunger Project, we work with small-scale food producers to grow their crops and businesses in a sustainable way, in harmony with our planet. This includes training farmers on best planting practices, elevating Indigenous knowledge and practices and supporting the development of diverse home gardens for each household.

Sourcing local food brings our World Hunger Day theme, Sowing Resilience, to life. It's a small but powerful act that mirrors the practices of community leaders across Africa, South Asia, and Latin America—individuals who are strengthening their ability to withstand the environmental, economic and political shocks that can cause hunger.

Resilience starts from the ground up.

Farmers adapting to shifting weather patterns.

Families strengthening food systems.

Communities coming together to build solutions that last.

That's why, for your *Gather to Grow* meal, we invite you to source ingredients locally—not just to enjoy fresh flavors, but to reflect the global movement you're part of.

Why Local Sourcing Matters:

- **Empowers Small-Scale Farmers:** Supporting local producers strengthens community economies and mirrors our global efforts to bolster smallholder farmers.
- **Reduces Environmental Impact:** Local sourcing minimizes transportation emissions, aligning with sustainable practices that combat climate change.
- **Fosters Community Connections:** Engaging with local food systems builds relationships and reinforces communal resilience.
- **Reflects Global Practices:** Our programs in Africa, South Asia, and Latin America emphasize local leadership, demonstrating that resilience is cultivated from within communities.

Ways to Source Locally:

- Shop at local farmers markets or food co-ops.
- Use produce from community or personal gardens.
- Dine at or order from restaurants that prioritize local sourcing.



Host With Intention.

Set the Tone for Meaningful
Conversation & Impact.

Hosting a *Gather to Grow* meal is more than setting the table—it’s about setting the tone for transformation. Use the tools in your Host Toolkit to create a powerful and purposeful space:

- **Conversation Starters** that invite dialogue around food equity, resilience and global change
- **THP Stats & Stories** that show why our approach matters
- **Photographs or visuals** to connect your guests with the faces of our work

Words to Welcome and Inspire.

“Welcome, and thank you for being here. This gathering is part of a global initiative called Gather to Grow, created by The Hunger Project in honor of World Hunger Day. Our theme this year is Sowing Resilience—and tonight, we’re doing just that.”

We gather not only to share a meal, but to engage in a deeper conversation: about where our food comes from, about the barriers communities face in accessing it, and about how ordinary people—farmers, families, leaders—are transforming systems from the ground up.

This table is a reflection of The Hunger Project’s work across the world: supporting community-led solutions, empowering women and investing in the people who are building resilience every day. Let’s honor their efforts by listening, learning, and imagining what it truly means to grow a world without hunger—together.”

Starting the Conversation

As you gather around the table, remember that this meal is more than food—it's an opportunity to connect deeply, listen generously and explore what it means to build a resilient, hunger-free world together. You don't have to lead a formal discussion. Just choose a question or two, share your thoughts, and invite others to do the same. Let the conversation flow with curiosity, empathy, and openness.

Dinner Table Prompts.

- What does resilience mean to you?
- Have you ever thought about where your food comes from—and who grows it?
- How does your food story connect with your community?
- What are some of the biggest food challenges facing our local community?
- What would a just and sustainable food future look like?
- What are small ways we can create a more just and sustainable food system?
- What do you imagine a hunger-free world could look like?
- What seeds are you planting for the future?





Resilience by the Numbers

These global statistics shine a light on the realities communities face—and the urgency of building resilient, people-centered systems that last. Consider sharing one or two during your meal to help guests connect their conversation to the bigger picture.

- Around 733 million people lived in hunger in 2023 ([SOFI 2024](#)).
- Africa remains the region with the largest estimated proportion of the population facing hunger – 20.4 percent ([SOFI 2024](#)).
- 343 million people across 74 countries experience acute food insecurity ([WFP 2022](#)).
- 2024 was the warmest year in its global temperature record, which dates back to 1850 ([NOAA 2024](#)).
- 20% increase in hunger and malnutrition, especially for children, due to climate change ([WFP 2021](#)).
- Weather extremes were the main driver of acute food insecurity for 18 countries ([GFRC 2024](#)).
- Agriculture supports the livelihoods of 2.5 billion people worldwide ([IRENA](#)).
- 2.33 billion people did not have regular access to adequate, nutritious food ([SOFI 2024](#)).

Prompt for Hosts: Choose one or two of these facts to share at your table. Ask your guests:
What stands out to you?
What responsibility do we carry to change these numbers?

Let the data inspire action—and reflection—as you gather in solidarity with communities around the world.

Faces of Resilience: Photos & Video

As you prepare your gathering, you can share stories visually through photos and powerful short videos that spotlight the individuals and communities at the heart of The Hunger Project's work.

Here's how to use them:

- Show a short video before or after your meal to introduce your guests to the voices of THP's global community.
- Print or display photos around the table to create connection and visual storytelling.
- Let each image and video remind your guests that resilience has a face—and it starts with people.

Click the **Video Links** or **Photo Gallery** below or simply scan the QR code with your phone's camera to access everything.

Video Links: [Click here to access now](#)



Photo Gallery: [Click here to access now](#)



Prompt for Hosts: “What do these images and voices spark in you? Whose story stuck with you and why?”

These visual resources are here to help your guests see the heart behind the mission and connect their meal to a movement that spans continents.



After the Meal: Call to Action

Capture the Moment.

Encourage your guests to become storytellers and advocates by sharing the experience of your gathering with others.

"What's one action you're inspired to take after today's conversation?"

- **Invite guests to take photos or short videos** during the gathering that capture the essence of community, conversation, and purpose.
- **Offer a quote board or a simple notecard prompt** for guests to share reflections like: "One thing I'm taking away from tonight is..." or "A moment that moved me was..."
- **Encourage sharing on social media**—provide a quick reminder to tag @TheHungerProject and use #SowingResilience so their reflections become part of the global movement.
- **Pass the plate forward:** Close your gathering by inviting guests to consider hosting their own Gather to Grow meal. You can even provide them with the sign-up link or toolkit preview to get started.

