The pandemic has shown us all how closely our health and well-being is tied to one another. Hunger is a symptom of harmful policies and systems that create barriers for people to thrive. We can emerge stronger if we address hunger together, as a community.

We can end hunger for good by tackling its root causes. We must act to address the inequality, racism and oppression that create serious disparities in public safety, employment, education, housing and healthcare.

**Invest in Health to End Hunger**

We can end hunger by investing in the health of our communities. All Oregonians—no matter our identity, the language we speak or where we’re from—should have access to nutritious food that supports our overall health.

When children and families don’t have access to essential resources like healthy food, it can lead to weakened immune systems, health challenges and, as a result, more expensive healthcare. And for Black, Indigenous and People of Color (BIPOC), systemic racism and discrimination in care have lasting impacts on health and well-being.

It’s time to invest in our communities’ health—in nutritious food, quality healthcare and other essential resources so that all of us can thrive.

**Vote out hunger. Invest in health.**

Take action to ensure our communities emerge stronger:

1. **Register to vote — and vote by November 3!**
   
   Voting is a key step toward ending hunger. Register to vote today and use your voice to fight to end hunger.

   If you’re not able to vote, encourage those who can to vote out hunger. [Register to vote.](#)

2. **Join us to #VoteOutHunger**

   Hundreds of Oregonians are pledging to #VoteOutHunger together in 2020. [Sign the pledge.](#)

3. **Spread the word**

   Your friends trust your opinion. Share how we can #VoteOutHunger together. [Act now. End Hunger.](#)