



## Householders' Options to Protect the Environment Inc.

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## MEDIA RELEASE

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### World Food Day, 16 October 2018

World Food Day is one of the most celebrated events of the UN calendar as over 150 countries hold events to celebrate the creation of the Food and Agriculture Organization (FAO), as well as dedicate the day to tackling global hunger where people from all around the world declare their commitment to eradicate worldwide hunger in our lifetime.

HOPE Australia would like you to join us in promoting the awareness and action of those suffering from hunger and struggling to have food security and nutritious diets. In our world of 7.6 billion people, food is a basic and fundamental human right denied to 60% women and 815 million still suffer from hunger though, worldwide there is enough food produced for everyone. This banner of 2018 theme #ZeroHunger for World Food Day greets us as we [open FAO's website](#). We need to work together to ensure everyone, everywhere, has access to the safe, healthy and nutritious food they need.



(Image from [Food and Agriculture Organizations of the United Nations](#))

This is the time to challenge ourselves and rethink the choice of our food, be mindful about the origins of our food and the positive impact on our food system in the face of an ageing farming population, of obesity and malnutrition. The older generations can also set good examples for the younger ones - or each other - by choosing to buy local (and teach the children about food, and engage with the community farmers), and avoid food wastage. Donating non-perishable food that we don't use is a good start, and doing "takeaways" whenever we can't finish food from dining out is another. Cutting out processed food (artificially created with chemicals to make us addicted to it) for our own benefit is also how we reduce obesity and improve our overall health. World Food Day aims to help us invest in the future of food by passing on knowledge and mindset of a more sustainable lifestyle with food.

If you have an event about World Food Day, you can contact them [here](#) via their extensive reach on social media so they can include it on their World Food Day map. This is also a chance to connect with groups like HOPE Inc. to learn more on how we can play a bigger part to achieve a #ZeroHunger world. Check out HOPE Inc.'s webpage at <http://www.hopeaustralia.org.au/>.

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