



daily GOOD

If we encourage and uphold our essential goodness and capacity for loving connection, we can nurture a society of people who are healthy and whole and whose lives will bring healing, peace, and joy to those they touch. --John Robbins

The City that Ended Hunger

"In writing *Diet for a Small Planet*, I learned one simple truth: Hunger is not caused by a scarcity of food but a scarcity of democracy. But that realization was only the beginning, for then I had to ask: What does a democracy look like that enables citizens to have a real voice in securing life's essentials? Does it exist anywhere? Is it possible or a pipe dream? With hunger on the rise here in the United States -- one in 10 of us is now turning to food stamps -- these questions take on new urgency." This thought-provoking article shares more about what happened to a city whose government "declared food a right of citizenship".

Be The Change:

Play the Free Rice game -- an innovative vocabulary testing exercise that has to date donated over 66 billion grains of rice.