



Advocating with CARE Action

Who We Are

We are a community of **passionate, globally-minded individuals who believe in justice and equality for all**. Together, we speak up alongside marginalized and vulnerable populations around the world to ensure their voices are heard and their needs are met. CARE Action advocates represent a diverse range of backgrounds, experience levels, and perspectives, but we all share a common passion – to eradicate poverty and empower women and girls worldwide.

What We Do

Through the power of our collective action, we urge U.S. leaders to pass policy reforms that foster strong, resilient communities, promote lasting solutions to poverty and hunger, and save lives globally. **Everything we do centers on women and girls** – their potential, their leadership, and their unique needs – because we cannot overcome poverty until all people have equal rights and opportunities.



Gender and Empowerment

We uphold women's and girls' rights. Including them in decision-making, preventing gender-based violence, and investing in their futures is key to achieving our mission.



Food and Nutrition

We equip local farmers with the resources and training to sustainably produce enough food now and in the future so no one in the world goes to bed hungry.



Women's Health

We champion women's rights to access affordable healthcare in developing countries to make informed choices about if, when, and how many children to have.



Humanitarian Emergencies

We defend and protect the rights of those caught in crisis, particularly women and girls, with U.S. leaders who can aid in response efforts. As the world continues to witness an unprecedented rise in the scale and number of humanitarian emergencies, needs are rapidly outpacing resources – putting millions of lives at risk.



Foreign Assistance Budget

We advocate for lifesaving foreign assistance funding, which comprises roughly one percent of the U.S. federal budget – just one penny on the federal dollar. Yet this penny is incredibly powerful, alleviating suffering and decreasing poverty to create a safer, more prosperous world for everyone.

Our Impact

For decades, CARE has complimented its programmatic work in countries around the globe with U.S. advocacy efforts that multiply our impact. In 2023, CARE worked in **111 countries**, reaching more than **174 million people through 1,600 projects**. Our advocacy work delivers lasting solutions by promoting policy reforms that ensure current and future generations will benefit from the changes we make today.

CARE Action and its advocates have **celebrated numerous policy wins with support from both sides of the aisle**. We've made progress on food and nutrition security, women's empowerment, global funding, and more.

For several years, **CARE Action advocates have prevented deadly cuts to U.S. foreign assistance funding** that deliver lifesaving interventions for mothers and their babies, feed children and families, and allow millions to lift themselves out of poverty. In 2016, and again in 2022, CARE Action championed the passage and subsequent reauthorization of the **Global Food Security Act**, which ensure the U.S. keeps its commitments to fighting global hunger and malnutrition through supporting women smallholder farmers.

CARE has supported **16.5 million women and girls** since 2015 to increase their empowerment and gender equality.



Join Us!

When you join CARE Action, you become a catalyst for lasting, meaningful change. As part of our advocate community, you can:

- **Meet with Members of Congress** in-district and on Capitol Hill to advocate for legislation.
- **Send personalized emails** to your representatives expressing support for our key issues.
- **Raise awareness in your community** by hosting local events and publishing compelling letters to the editor.

“Once you take that first step you’re most likely going to be hooked because you’re going to feel how your voice does matter and your actions do matter.”

— Peter | CARE Action Advocate, New York



Scan the QR code to get started and connect with a member of the CARE Action team!