

# 2025 Fight Poverty Checklist

## January: Poverty Awareness Month

Learn about poverty in your community by:

- Learn more about poverty in Utah by reading 2024's Impact Report
- Watch [this reel](#) to learn what the Cycle of Poverty is and share it on your Story
- Read this blog: [Breaking the Cycle of Poverty: A Path Toward Opportunity](#)
- Learn how to respectfully talk about poverty by reading: [The Power of Words: 5 Ways to Talk About Poverty with Dignity and Respect](#), and sharing this post:
  - [Instagram](#)
  - [Facebook](#)
  - [LinkedIn](#)
- Plan to attend or volunteer at a [Poverty Simulation](#)
- See which [Community Action Agency serves your county](#), the programs they provide and how you can help

## February: Legislative Session

- Sign up for CAP Utah policy updates and learn about poverty legislation
- Learn how you can get involved in the legislation process by reading [this CAP Utah blog post](#)
- Share this post about engaging with the legislation process on [Instagram](#) or [LinkedIn](#)

## March: Tax Season

- Learn about tax credits you or those you know should take advantage of
- [Volunteer with your local VITA program](#) to help low-income individuals file their taxes
- Help spread the word about free tax preparation services (VITA) in your community by sharing the following posts:
  - [Instagram](#)
  - Instagram
  - [Facebook](#)
  - Facebook
  - [LinkedIn](#)
  - [LinkedIn](#)

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## April: National Volunteer Month

Explore volunteer opportunities at your local Community Action Agency

- Contact your local [Community Action Agency](#) and see how you can volunteer, like:
  - Become a VITA volunteer
  - Volunteer at a CAA food bank or pantry
  - Volunteer at a CAA Head Start
  - Become a Circles ally
- Coordinate a food or item drive
- Donate money and resources if you don't have time to volunteer
- Volunteer at a CAP Utah [Poverty Simulation](#)
- Volunteer at the CAP Utah [Annual Conference](#)

## May: Community Action Month

Learn about CAP programs in my area and share resources

- Learn about [the origins of Community Action](#)
- Spread awareness about Community Action Month by sharing these posts (TBD):
  - Instagram
  - Facebook
  - LinkedIn
- Learn about the National Theory of Change
- See which [Community Action Agency serves your county](#), the programs they provide and how you can help

## June: Digital Access

Learn about digital inclusion initiatives and share information about internet access resources

- Watch [this reel](#) to learn what the Digital Access is and share it on your Story
- Read this blog: [Digital Access for All: CAP Utah's Journey Toward Bridging the Digital Divide](#)
- Donate money or old devices to [Tech Charities](#)
- Volunteer at CAA who have digital access programs

## July: Summer Support

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Share information about summer meal programs and cooling assistance

- Read this blog: [Empowering Utah Families Through Energy Assistance Programs](#)
- Read this blog: [Top Summer Challenges for Low-Income Families and How You Can Help](#)
- Find out [where summer meal programs](#) are going on to take advantage of yourself or tell those in need

## August: Back to School

Research Head Start programs and support early education initiatives

- The following CAA provide Head Start programs, contact them to see how you can support their efforts
  - [Ogden-Weber Community Action Partnership](#)
  - [Utah Community Action](#)

## September: Hunger Action Month

Support local food bank, food pantry and food insecurity initiatives

- Donate to your local CAA food bank/pantry
  - [Community Action Services and Food Bank](#)
  - [South Eastern Regional Development Agency](#)
  - [Open Doors](#)
  - [Uintah Basin Association of Governments](#)
- If there's not a CAA near you, see how you can help the [Utah Food Bank](#)
- Learn about the [Supplemental Nutrition Assistance Program](#) (SNAP) and how you can take advantage of it or help it continue

## October: Energy Awareness

Learn about weatherization and energy assistance programs

- Read this blog: [Empowering Utah Families Through Energy Assistance Programs](#)

## November: Diaper Assistance

Learn how diapers help families break the cycle of poverty

- Read: [Closing the Diaper Gap in Utah: The Diaper Distribution Demonstration and Research Project](#)



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- Learn about the [Utah Diaper Distribution and Research Project](#)
- Watch [this reel](#) about how the Utah Diaper Distribution and Research Project is working at Community Action Services and Food Bank
- Share this reel about how diapers help families break the cycle of poverty
- [Apply to receive diapers](#)
- [Donate diapers and diapering supplies](#)

## **December:** Giving Season

Review yearly impact and consider year-end donations

- Participate in Giving Tuesday by donating to your local CAA
- Donate to local CAA holiday programs
- Donate your time to your local CAA this holiday season
- Read: [10 Ways to Combat Poverty in Utah This Holiday Season](#)
- [Donate](#) to the Community Action Partnership of Utah