



For immediate release

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TAKE ACTION WITH FEEDING AMERICA SAN DIEGO

Get involved this Hunger Action Month to help end hunger in San Diego

September 1, 2016 — San Diego, CA — This September, [Feeding America San Diego](#), together with the nationwide network of Feeding America food banks, will urge our communities to take action to help end hunger. Hunger Action Month is a time to get involved and raise awareness of the struggle faced by the 48 million Americans, including 15 million children, who are food insecure, according to the USDA.

“Everyone has a role to play in solving hunger,” said Al Brislain, CEO of Feeding America San Diego. “From our community leaders to those who simply share a message on social media, we are grateful to everyone who is taking a stand with us this month.”

In San Diego, more than 400,000 people struggle with hunger and may not know where their next meal is coming from. That number includes one in five kids who may not have enough to eat. Hunger Action Month is a great time to get involved in hunger-relief and invigorate our community to build a hunger-free, healthy San Diego.

WAYS TO GET INVOLVED

- Raise awareness on social media by posting a photo with an empty plate and asking your friends to do the same. Don't forget to use #HungerActionMonth and tag @FeedingSanDiego. For every post or share, Bread and Cie will donate 12 meals to those in need right here in San Diego.
- **DONATE FOOD OR FUNDS.** Get creative! Host a food drive or sponsor an office volunteer shift. For every \$1 donated, FASD can provide four meals to those in need right here in San Diego.
- Attend a special **VOLUNTEER OPEN HOUSE** on Saturday, September 17, at our distribution center. Learn more about volunteering, tour the facility and try several of our regular volunteer projects.
- **GO ORANGE FOR HUNGER-RELIEF.** On September 8, 2015, join us as we kick off our month-long effort to turn the nation orange in support of hunger-relief. Encourage everyone to play a role and show your support by wearing orange every Thursday in September!
- **ADVOCATE** on behalf of those facing hunger. Send letters to your Senator or Representative asking them to support local hunger-relief programs by visiting one of FASD's distributions.

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ABOUT FEEDING AMERICA SAN DIEGO

Established in 2007, [Feeding America San Diego](#) (FASD) is the leading hunger-relief organization in the county, providing 18.5 million meals within the last year, and the only Feeding America affiliate in the region. FASD provides food and resources to a network of 200 distribution partners serving 60,000 children, families and seniors each week. Focused on healthy food, education and advocacy, FASD is building a hunger-free and healthy San Diego through innovative programs and collaborative partnerships. To learn more about Feeding America San Diego and its hunger-relief initiatives, visit feedingamericasd.org.