



NEWS RELEASE

For immediate release

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TAKE ACTION AND HELP END HUNGER

Get involved this Hunger Action Month to advocate for hunger-relief in San Diego

San Diego, CA - August 31, 2017 - Starting tomorrow, [Feeding San Diego](#), together with the nationwide network of [Feeding America](#) food banks, will urge our communities to take action and stand together 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.

“To end hunger in San Diego, everyone must play a part,” said Vince Hall, CEO of Feeding San Diego. “From our community leaders to those who simply share a message on social media, we encourage the entire community to join us as we fight for hunger-relief.”

In San Diego County, more than 390,000 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 time to advocate for hunger-relief and inspire our community to join together, use their voice and build a hunger-free, healthy San Diego.

TAKE ACTION NOW

- **ADVOCATE.** The Supplemental Nutrition Assistance Program (SNAP) helps families make ends meet and makes all the difference in the world when it comes to putting nutritious meals on the table. We need to protect this vital program to ensure millions of Americans don't go hungry.

[Sign a letter](#) to your Member of Congress now to ask them to fight against any attempts to cut SNAP funding.

You can also send your Member of Congress a [virtual paper plate](#). It's a visible, virtual reminder that the people they represent want to make sure their neighbors can put food on the table. Use [#EndHunger](#) and tag [@FeedingSanDiego](#) on [Twitter](#).

- **SPREAD THE WORD** on social media by [sharing one way you can end hunger](#) and then share with your friends and family. Use [#HungerActionMonth](#) and tag [@FeedingSanDiego](#) on [Facebook](#), [Twitter](#) and [Instagram](#) to join the conversation.
- **GIVE.** For every \$1 donated, FSD can provide four meals to those in need right here in San Diego. Get creative! Host a [fundraiser on Facebook](#) or host a [food drive](#) in your office.

- Attend our special **VOLUNTEER OPEN HOUSE** on Saturday, September 16, at our distribution center. Learn more about volunteering, tour the facility and try several of our regular volunteer projects. FSD relies on the support of more than 13,000 volunteers annually to help sort, bag, box and organize our food for distribution. [Sign up](#) for a volunteer shift to help today.

For more information about what Feeding San Diego is doing to fight hunger, visit feedingsandiego.org.

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ABOUT FEEDING SAN DIEGO

Established in 2007, [Feeding San Diego](#) (FSD) is the leading hunger-relief organization in the county, providing 25 million meals within the last year, and the only Feeding America affiliate in the region. FSD provides food and resources to a network of more than 225 distribution partners serving 63,000 children, families and seniors each week. Focused on healthy food, education and advocacy, FSD is building a hunger-free and healthy San Diego through innovative programs and collaborative partnerships. To learn more about Feeding San Diego and its hunger-relief initiatives, visit feedingsandiego.org.