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.