FEEDING SAN DIEGO EMPHASIZES HEALTH WITH COMMUNITY ACTIVITIES

National Nutrition Month® highlights intersection between hunger and health

San Diego, CA — March 1, 2017 — Feeding San Diego (FSD) and hunger-relief organizations across the country are celebrating National Nutrition Month®, taking place during the month of March. The campaign, sponsored by the Academy of Nutrition and Dietetics, focuses on promoting healthy lifestyles.

Starting today, Feeding San Diego invites the community to help raise awareness of the link between hunger and health by participating in a recipe challenge, donating healthy food at local Starbucks stores and attending our Volunteer Open House at distribution center.

“Feeding San Diego helps families and individuals struggling with hunger by providing the healthiest options and nutrition education year-round,” said Stacy Rungaitis, Director of Development & Marketing at Feeding San Diego. “National Nutrition Month® offers the community the opportunity to learn about nutrition and health. Together, we can improve nutrition awareness and knowledge for all San Diegans.”

WAYS TO GET INVOLVED

• **Volunteer at the Nutrition Month Open House** on Saturday, March 18 from 9AM to 12PM at the FSD distribution center. Attendees will learn more about volunteering, tour the facility and participate in labeling and gleaning. Experts from the healthcare industry will host a brief Q&A regarding the intersection of hunger and health.

• **Donate nutritious non-perishable food** through Starbucks food drive March 24 – April 8 at your local Starbucks store.

• **Donate funds.** For every dollar donated, FSD can provide four meals. Donate at distribution center for recognition in our Volunteer Center.

• **To better understand the link between hunger and health, participate in the Nutrition Month Recipe Challenge.** We will pick one food item often found in our distribution center and ask for a healthy recipe to be posted on social media by the end of March, with Feeding San Diego tagged. Winner will receive a prize.

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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 21.2 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.