



NEWS RELEASE

*For immediate release*

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**FEEDING SAN DIEGO EMPHASIZES HEALTH WITH COMMUNITY ACTIVITIES**

*National Nutrition Month® highlights intersection between hunger and health*

San Diego, CA — March 7, 2018 — [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.

This month, Feeding San Diego invites the community to help raise awareness of the link between hunger and health.

“National Nutrition Month is a time to consider the importance of creating a health-focused environment for San Diegans who participate in Feeding San Diego’s programs,” said Lindsey Seegers, Nutritionist and Feeding Excellence Program Lead at Feeding San Diego. “Many of the populations we serve, including seniors and children, are more vulnerable to health conditions that can be prevented by a wholesome diet—fruits and veggies have the fiber, vitamins and minerals essential for healthy living.”

This produce is especially vital for children in their early years of growth and development. FSD hosts a six-part Healthy Cook program at local schools that provides hands-on training and cooking demonstrations targeted at improving the health of students during this stage of their life.

To improve the health of those facing hunger at distributions, interns and volunteers set up tables where they provide clients with relevant health information and food recipes for the items they have just picked up.

"Feeding San Diego is proud to lead the country in new and innovative ways to get as much healthy fresh fruits and vegetables out into the community as possible. With over 50% of what Feeding San Diego provides being produce, we not only want to end hunger in the county, but provide proper nutrition." Feeding San Diego CEO, Vince Hall.

## WAYS TO GET INVOLVED

- **Volunteer** at our distribution center. Join the 16,000 annual volunteers who support the mission of ending hunger in San Diego.
- **Donate** nutritious non-perishable food through our distribution center or hosting a food drive.
- **Donate funds.** For every dollar donated, FSD can provide four meals for those facing hunger in our community.



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## **ABOUT FEEDING SAN DIEGO**

Established in 2007, [Feeding San Diego](https://www.feedingsandiego.org) (FSD) is the leading hunger-relief organization in the county, providing 25.2 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 245 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](https://www.feedingsandiego.org).

