



TOGETHER WE CAN SOLVE HUNGER.

What is Hunger Action Month™?

September is Hunger Action Month, when the Central Pennsylvania Food Bank joins others across America to take action in fighting hunger across our communities. Hunger Action Month is your opportunity to join a movement that has a real and lasting impact on our effort to feed more Americans than ever before. Whether it's by advocating and raising awareness, making donations, or volunteering, individuals can find the way that's right for them to make a difference during Hunger Action Month.

Ways to GET INVOLVED & JOIN THE FIGHT all month long!

Educate

- Include an article in your bulletin and/or newsletter about Hunger Action Month.
- Present "hunger stories" during weekly services in the month of September.
- Use "Difficult Choices: What Would You Do" hunger activity with youth or committees to demonstrate the challenges people face.
- Post the enclosed Hunger Action Month poster in your building.

See the enclosed materials for sample language. Digital copies of all educational materials can be found at:

www.centralpafoodbank.org/HungerActionMonth

Fund Collection

- Hold a special collection in the month of September for the Central Pennsylvania Food Bank. We can provide 6 meals with every dollar!
- Have your congregation make an annual gift to Central Pennsylvania Food Bank.

Food Collection

- Hold a Food Drive! Most needed items are peanut butter, canned chicken and 100% fruit juice boxes.
- Host a Virtual Food Drive! Contact us for more information.

Volunteer

- Encourage a group from your congregation (ie. youth group, bible study, mission committee, etc.) to volunteer at our Healthy Food Hubs in Harrisburg and Williamsport.
- Locate one of our partners to volunteer within your community. You can find a partner on our website under "Find Food."

Social Media

- Let's put good news on social media. If your church is socially active, please post your activities and tag us on Facebook or @centralpafb on Twitter and Instagram.
- Email us your stories and success at: info@centralpafoodbank.org

Contact Sue Ward-Diorio, Individual Giving Manager, at 717.547.6264 with any questions or to discuss Hunger Action Month.





TOGETHER WE CAN SOLVE HUNGER.

SAMPLE LANGUAGE FOR WEEKLY SERVICE, BULLETIN & NEWSLETTER

Start the conversation on hunger.

The feeling of running on empty is a reality for more than 5 million Pennsylvanians. We need to make sure that no child, adult or senior in America ever runs on empty, so this September, we're asking everyone to come together to help end hunger. By starting a conversation with your congregation and choosing an action item from the information sheet **WAYS TO GET INVOLVED & JOIN THE FIGHT ALL MONTH LONG**, you can make a difference and help end hunger in our community.

Help spread the word on **FIGHTING HUNGER** all month long!

Week One.

We are thrilled to be partnering with the Central Pennsylvania Food Bank during Hunger Action Month in September. The Food Bank has served our community for more than 30 years and provides food not only in our backyard, but to 27 counties - 40% of Pennsylvania.

To serve those in need, the Central Pennsylvania Food Bank partners with a network of more than 1,000 partner agencies and programs to serve more than 150,000 people (working families, veterans, elderly, and children) in need each month.

The Food Bank network is YMCAs, food pantries, churches, housing centers, shelters, soup kitchens, schools, hospitals and VFWs. They work together to reach those who are hungry. And thousands of individuals and groups volunteer every day to help get the food to those in need.

As a congregation, we are joining the fight against hunger.

*Talk about the action you will be taking at each service from the information sheet, **WAYS TO GET INVOLVED & JOIN THE FIGHT ALL MONTH LONG**.*

Week Two.

The demand for food continues to rise. According to Feeding America, in Pennsylvania one in nine residents, including one in six children, face food insecurity. That is why as a congregation, we are joining the fight against hunger.

The coordinator of a local school pantry said, "Parents NEVER say no to milk or produce." The Central Pennsylvania Food Bank and it's 1,000 partners are committed to increased access to fresh fruits and vegetables for those struggling with hunger. In 2017, the Food Bank distributed 9 million pounds of produce and 1.9 million servings of fresh milk.

The Food Bank works with local farmers and businesses to get donated and deep discounted fresh produce and our local partner agencies receive fresh produce from gardens and community gardens.

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TOGETHER WE CAN SOLVE HUNGER.

SAMPLE LANGUAGE FOR WEEKLY SERVICE, BULLETIN & NEWSLETTER

Start the conversation on hunger. (page 2)

The feeling of running on empty is a reality for more than 5 million Pennsylvanians. We need to make sure that no child, adult or senior in America ever runs on empty, so this September, we're asking everyone to come together to help end hunger. By starting a conversation with your congregation and choosing an action item from the information sheet **WAYS TO GET INVOLVED & JOIN THE FIGHT ALL MONTH LONG**, you can make a difference and help end hunger in our community.

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Week Three.

September is Hunger Action Month! As a congregation, we are joining the fight against hunger in partnership with the Central Pennsylvania Food Bank.

With more than 40 percent of households living below the poverty level in the United States, many children are affected by hunger. In our own communities in Pennsylvania, one in six children are struggling with hunger. Recently, one child in our area, while receiving food from a summer recreation program, told a Food Bank staff member, "I am so glad you are here. I haven't eaten since yesterday."

The Central Pennsylvania Food Bank's youth programming includes: Backpack & School Pantry, Kids Cafe®, Summer Pantries, Summer Feeding. The programs provide meals to children after school, on weekends and in the summer. The Food Bank also encourages schools to participate in free and reduced breakfast and lunch programs.

As a congregation, we are joining the fight against hunger.

*Talk about the action you will be taking at each service from the information sheet, **WAYS TO GET INVOLVED & JOIN THE FIGHT ALL MONTH LONG**.*

Week Four.

September is Hunger Action Month! As the month comes to an end, we have been joining the fight against hunger in partnership with the Central Pennsylvania Food Bank by *(mention action items you have taken all month long)*.

But hunger will still continue past this month, into the following year.

"His cupboards were empty!" A Food Bank staff member reported after helping a veteran who had initially refused services of the Food Bank by saying there were others more in need.

Within the 27 counties the Central Pennsylvania Food Bank serves, 26% of households receiving food assistance have at least one member that has served, or is currently serving, in the military. That is why the Food Bank started their MilitaryShare program, a mobile distribution program at VFWs, American Legions and other community organizations aimed at serving current and former military personnel.

As a congregation, let's continue to lend a hand towards the fight against hunger.

*Talk about actions that you can continue throughout the year, **educating, donating, volunteering, advocating**.*

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"DIFFICULT CHOICES: WHAT WILL YOU DO?" HUNGER ACTIVITY

Hunger activity

Scenario: You are married and both you and your spouse work outside the home. You have two children, ages 14 and 9. With what you earn, you have a "15 bean budget" to spend every month. How would you spend it? What would your priorities be?

Use dry beans in the squares to indicate your spending choices. You have to make a choice for each category (you can't skip any categories).

Category	A (1 Bean)	B (2 Beans)	C (3 Beans)
Housing	Studio apartment (1 bedroom), 1 bath, unfurnished, no outdoor space, street parking only, stove only. <div><input type="checkbox"/></div>	2 bedroom, 1 bath apartment, unfurnished, covered patio, 1 covered parking space, stove and refrigerator. <div><input type="checkbox"/><input type="checkbox"/></div>	3 bedroom, 1 1/2 bath house, unfurnished, small fenced yard, 2-car garage, stove, refrigerator, and dishwasher. <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
Healthcare	No health insurance, you pay for all health related costs. <div><input type="checkbox"/></div>	Health insurance for you through your employer, but no health insurance for your family members. <div><input type="checkbox"/><input type="checkbox"/></div>	Health insurance for you and your family through your employer. <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
Food	1 meal a day for everyone in your family. <div><input type="checkbox"/></div>	2 meals a day for everyone in your family. <div><input type="checkbox"/><input type="checkbox"/></div>	3 meals a day for everyone in your family. <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
Transportation	Walk or bike everywhere, no public transit available. <div><input type="checkbox"/></div>	Walk, bike, or take public transit. <div><input type="checkbox"/><input type="checkbox"/></div>	Own your own car. <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
Technology Access	No computer/internet access, no cell phone, TV- no cable. <div><input type="checkbox"/></div>	No computer/internet access, TV- no cable, cell phone. <div><input type="checkbox"/><input type="checkbox"/></div>	Home computer with internet access, cell phone, TV with cable. <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
Laundry Facilities	Laundromat <div><input type="checkbox"/></div>	Shared laundry room in apartment complex. <div><input type="checkbox"/><input type="checkbox"/></div>	Own washer/dryer, in your home. <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
Shopping	1 grocery store within walking distance, no mall within 20 miles. <div><input type="checkbox"/></div>	Grocery store across the street from your home and a mini-mall within a mile. <div><input type="checkbox"/><input type="checkbox"/></div>	2 grocery stores nearby and a large mall within walking distance. <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>
Spending/ Saving Money	After the bills/food are paid no extra money left. <div><input type="checkbox"/></div>	\$20 left over each week after all bills are paid. <div><input type="checkbox"/><input type="checkbox"/></div>	\$50 left over each week after all bills are paid. <div><input type="checkbox"/><input type="checkbox"/><input type="checkbox"/></div>

The Central Pennsylvania Food Bank is committed to providing access to nutritious food for everyone struggling with hunger in each of the 27 counties we serve.

www.centralpafoodbank.org



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