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Hunger Action Month: What can you do?

September is Hunger Action Month. It is a time when people in cities and towns across America stand together to fight hunger.

Like no time in recent history, now it is more important than ever to act.

In Eastern Massachusetts almost half-a-million people are food insecure, and across the state that number climbs to over one million.

In communities served by United Way of Tri-County food pantries and meal programs, the number of people seeking food assistance since March has increased 53%, and they desperately need your help.

To make action easy, the United Way has provided four simple actions you can take this month to help families access the nutritious, healthy food they need:

1. **Donate** – For every \$1 dollar you donate, United Way food pantries and meal programs are able to provide \$4 worth of nutritious food. To donate please visit their website at www.uwotc.org/FAF
2. **Volunteer** – Volunteers are the backbone of the United Way organization. To lend a hand please visit their volunteer center at www.uwotc.org/volunteer
3. **Hold a Food Drive** – Ask your friends, family members, coworkers, and neighbors to donate non-perishable food items to keep food pantry shelves full. Once all the food is collected call 508.370.4902 to schedule drop off.
4. **Register** - for the Jack's Abby United Way 5K. Get outside and have fun. Your registration fee will support the United Way Program you choose. Register today at www.uwotc.org/5K

Everyone can do something to spread the word, join the conversation, and help feed hungry families.

For more information visit the United Way of Tri-County's website at <https://www.uwotc.org/faf>

The United Way of Tri-County is a community building organization that brings people together to care for one another. We provide programs and services, connect volunteers, strengthen agencies, teach social responsibility, and meet the critical needs of the community with the help of people like you. For more information visit the United Way Website at www.uwotc.org

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