

# Get involved this September!

## Hunger Action Month

Join with Tri-Lakes Cares to combat hunger in northern El Paso County!

Hunger is complex and often misunderstood. In the U.S. hunger is neither caused by overall food shortages nor by personal choices by hungry people. It is about poverty and the social forces that create and sustain it. There are millions of Americans living in poverty and with hunger.

*September is Hunger Action Month* – a month where food banks and food pantries, advocacy groups and individuals from all over America *stand together to fight hunger*. It's a month to spread the word and take action on the hunger crisis!



### Hunger Action Day - Wear Orange!

- *Hunger Action Day is September 10, 2020!* We would love to see our partners “go orange” to raise awareness! Encourage your office, family and neighbors to wear orange and snap a photo of your group. Post to your social media site and tag Tri-Lakes Cares.
- Make a \$15 donation and get a Hunger Action Month t-shirt. Make a donation by Noon on August 28 to arrive in time for Hunger Action Day. Your donation will help support TLC’s pantry. Pick up your t-shirt at TLC on September 8 and wear it on the 10th!

### Local Hunger Facts

- Food insecurity: “The state of being without reliable access to a sufficient quantity of affordable, nutritious food.
- 54% of Tri-Lakes Cares clients are food insecure; a rate higher than the state average of 9.1%!
- Prior to school shut down due to COVID-19, an average of 300 children were receiving Snack Packs through District 38.
- TLC’s COVID-19 Impact Survey - 55% of clients said, “My household does not have adequate food on our own.”
- An average of 50 families are served each week through the COVID-19 grocery distribution program.

### Get involved!

- Host a food collection bin at your place of business!
- Hold a drive-by food drive in your neighborhood!
- Challenge family members in collecting financial donations - set a goal and see who can reach it the fastest!
- Wear your Tri-Lakes Cares Hunger Action Month t-shirt on September 10th!
- Volunteer in our pantry!



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