



## Working to End Hunger, throughout Hunger Action Month and Beyond

Right now, **more than 560,000 children, adults, and seniors across Central and Eastern North Carolina don't know where our next meal might come from.** Every day, families are making impossible choices — between food and utilities, gas and medicine, rent and childcare. The demand for food assistance in our region has reached a near-record high, greater than even the peak of the pandemic.

With your support throughout Hunger Action Month and beyond, we can meet these challenges head-on. Your action as a donor, volunteer, and advocate helps our network of 700+ anti-hunger organizations provide food to meet families' immediate need for support — while organizing for the kind of policies and investments we need to end hunger for good in our communities.

Check out the rest of this newsletter to find ways you can make an immediate difference!  
You can also visit [HungerActionNC.org](https://HungerActionNC.org) or scan this code for more information. →



## No Time Like the Present to Take Action

Hunger Action Month is a nationwide effort to take action and raise awareness of food insecurity in our communities. But we all know that **hunger is a year-round challenge** — a crisis that has worsened since so many of the state and federal initiatives have expired that helped families make ends meet in the wake of the pandemic. Add in the rising cost of housing, food, and other essentials in our region, and we have a crisis that many of the 700+ anti-hunger organizations in our network are struggling to keep up with.

**That's where you and I come in.** Our time, our financial contributions, and our advocacy are more important now than at any point since the Great Recession. And Hunger Action Month is the perfect time to dig deeper. Sign up for that extra volunteer shift. Become a Monthly Sustainer or increase your regular gift. Make your voice heard on the public policies and investments that drive so much of our work. Encourage friends and family to join you and get involved in the fight to end hunger for good.

Hunger is a year-round challenge, but **there's no time like the present to take action.** Thanks so much for all you do, during Hunger Action Month and beyond.

*Anne H Lloyd*

**Anne H. Lloyd**, Chair  
Food Bank Board of Directors



## Donate to Sustain the Fight Against Hunger

Monthly Sustainers are the lifeblood of our fight to end hunger and its root causes. Sustainer support provides the consistent resources we need to expand food options in under-served communities, launch new programs, and advocate for long-term change. And with the hunger crisis worsening throughout the region, it's never been more important to get involved.

**We're on a mission to recruit 30 new supporters during the 30 days of Hunger Action Month** to help sustain our work to stop food insecurity at its roots. For the entire month of September, new Monthly Sustainer donations will be doubled. And even if you're not ready to commit to a monthly gift today, your one-time donation can be put to immediate use to supporting families facing hunger.



Visit [FoodBankCENC.org/Monthly](https://FoodBankCENC.org/Monthly) or scan this code to become a Sustainer today! →





## Volunteer at Your Local Distribution Center

Our locations in Durham, Greenville, New Bern, Raleigh, Southern Pines, and Wilmington serve as the central hubs for hundreds of local food assistance sites. Combined, we source and distribute over 100 million pounds of food to pantries, no-cost markets, and meal sites each year — and much of that work is led by our incredible volunteer corps.

In the average shift, a single volunteer will sort and pack enough food to fuel more than 160 meals for local families. **Over the course of a year, that's the equivalent of 84 full-time workers!** Join the 61,000+ supporters each year who devote their time and effort to make a difference in our communities!

Visit [FoodBankCENC.org/Volunteer](https://FoodBankCENC.org/Volunteer) or scan this code to sign up. →



## Advocate for Change to End Hunger for Good

From funding for food purchases with local farmers, to disaster relief aid, to eligibility guidelines for SNAP, WIC, and senior meals, so many of the decisions that directly impact people facing hunger are made at the State Capitol, in the halls of Congress, and even at the ballot box. At the Food Bank, we're proud to have the support of elected and appointed leaders across the political spectrum who believe in our vision for a hunger-free future. Because it will take all of us working together to achieve it.

That's why thousands of people across Central and Eastern North Carolina are joining together to advocate for the policies and investments we need to meet today's challenges head-on and end hunger for good. We hope you'll sign up to get involved!

Visit [FoodBankCENC.org/Advocate](https://FoodBankCENC.org/Advocate) or scan this code to find out more and get involved. →



### Celebrating Success: Stop Summer Hunger 2024

As summer ends and kids get back to school, we'd like to celebrate everyone who got involved with this year's Stop Summer Hunger campaign. **With your support, the Food Bank was able to provide more than 15 million meals to kids and families** who feel extra strain when school is out. Whether you donated, volunteered at one of our distribution centers, or spread the word, you made a real difference for our friends and neighbors.

A huge thank you to ABC11 Together, Arby's, BASF, Ernest & Ruby McSwain Worthy Land Trust iHeart Media, and all our Stop Summer Hunger partners. **And we're especially proud of Food Lion's record-breaking "Summer Without Hunger" drive** — which raised enough funds to fuel an additional 2+ million meals this year!

Learn about the many ways our  
**decisions in the voting booth can**  
**have a positive impact on hunger**  
in our communities.



## Hunger on the Ballot: Tools & Resources to Help End Hunger for Good

From funding for food purchases from local farmers, to disaster relief aid, to eligibility for SNAP, WIC, and senior meals, many decisions that directly impact people facing hunger are made at the State Capitol, in the halls of Congress, and even at the ballot box.

That's why we're kicking off our "Hunger on the Ballot" series this October — providing non-partisan resources to help raise awareness of the many ways our decisions in the voting booth can have a positive impact on hunger in our communities. We'll cover the role elected and appointed bodies play in addressing food insecurity, government decisions that impact our food sourcing efforts, and pathways to quickly and easily make our voices heard in the process.

Thousands of Food Bank supporters have already come together to advocate for the changes we need to meet today's challenges head-on and end hunger for good. We hope you'll check out the resources and sign up to receive the latest public policy news and opportunities!

Visit [FoodBankCENC.org/Ballot](https://FoodBankCENC.org/Ballot) to learn more and get involved.

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## Sustainer Spotlight: Ashley Chism's Far-Reaching Impact

Ashley Chism is one of our valued Sustainers — donors who make an indelible impact in our community through regular, monthly support.

After moving to Raleigh in 2022, Ashley was hoping to find a way to give back to the area she was growing to love. She spent some time volunteering at the Food Bank with her colleagues and was excited by the work and wanted to play an even bigger part.

**"I feel grateful that even a small monthly donation can have such a large, far-reaching impact,"** said Ashley.

Not only is Ashley a Sustainer, but she continues to volunteer with her company and recently joined the Food Bank's Young Professionals network. The group has offered opportunities to invite friends and colleagues to social events where they're also able to get involved.

Want to join Ashley and become a Food Bank Sustainer?  
Visit [FoodBankCENC.org/Monthly](https://FoodBankCENC.org/Monthly).

