



Hunger Action Month

Every September, people all over the nation recognize Hunger Action Month, a time to take a stand against hunger in America. **By raising awareness about hunger, donating food, and supporting local food pantries like St. Francis House, you can help fight hunger and make sure that every person has access to the food they need.**

Here Are 3 Ways You Can Help:

1. Make a Gift to St. Francis House Food Pantry

You can support our work and help us continue to feed hungry Alaskans by donating money or packaged food. To give online, visit cssalaska.org/donate. Food donations can be dropped off at 3710 E. 20th Ave, Monday-Thursday 1p.m. to 4p.m. and Fridays 9a.m. to 4p.m.

2. Host a Donation Drive

Host a donation drive at your workplace, church, or place of meeting! Contact Kelly at kmullin@cssalaska.org for details.

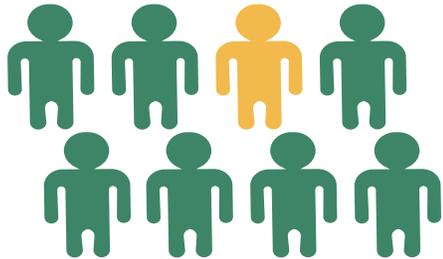
3. Spread the Word!

Help your friends and neighbors understand the importance of Hunger Action Month by sharing what YOU can do with a healthy meal:

1. Go to cssalaska.org/HAM and print out the can sticker. Fill in the blank to share what a healthy meal allows you to do each day to raise awareness around hunger in Anchorage.
2. Tape the sticker on a can of food and take a photo with it.
3. Post the photo to Facebook or Instagram with the hashtag #HungerActionMonth. Don't forget to tag Catholic Social Services! We're [@CSSalaska](https://www.facebook.com/CSSalaska) on both Facebook and Instagram.

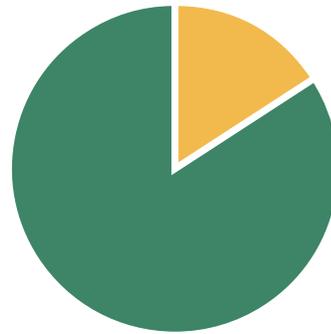
Do You Have the Facts about Hunger in Alaska?

Understanding the needs in our community is the first step to meeting them. Here are some helpful facts to share. (Data statements are provided by Food Bank of Alaska.)



1 in 8 Alaskans struggle with hunger
(about 100,000 people).

16% of kids in Alaska live in homes that may not have enough food.



2/3 of SNAP receivers are in families with kids.

In the last 6 months, 500 families per week have been coming to **St. Francis House Food Pantry to receive food support.**

