



SEPTEMBER IS 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 Michelle at mwaclawski@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 HAM 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** on both Facebook and Instagram.

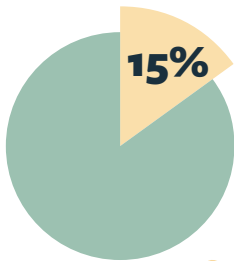


TAG US ON SOCIAL MEDIA!

#HungerActionMonth
@CSSalaska

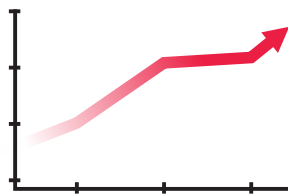
DO YOU HAVE THE FACTS ABOUT HUNGER IN ALASKA?

Understanding the needs in our community is the **first step** to meeting them. Here are some helpful facts to share.



Hunger is a common problem:

More than 100,000 Alaskans experience food insecurity. That's nearly **15%** of the state's population!



Hunger is on the rise:

Between 2022 and 2024, there's been a **19.5% increase** in the number of **households we serve** at St. Francis House Food Pantry.

Food pantries play a vital role:

In Alaska, **more than 50%** of people who experience food insecurity are not eligible for SNAP benefits and **rely on pantries and food banks** to make ends meet.



We serve vulnerable populations:

Over 50% of the people served by St. Francis House Food Pantry are **children or seniors**.



Your support makes an impact:

In 2024, St. Francis House Food Pantry **distributed more than 800,000 pounds** of food to **4,775 families** in need in our community.

