

Food Bank of Northwest Indiana

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Supplying food to local pantries
for more than 25 years

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FOR IMMEDIATE RELEASE

SEPTEMBER IS HUNGER ACTION MONTH You Can Help Fight Hunger This September With “30 Ways in 30 Days”

Gary, IN—The Food Bank of Northwest Indiana is part of a national movement to raise awareness and take action to help the 50 million Americans who experience hunger.

September is Hunger Action Month. Throughout the month, Feeding America’s nationwide network of more than 200 food banks, including the Food Bank of Northwest Indiana, is working to engage citizens to take action and help spread the word about how pervasive hunger is in every community. Feeding America food banks are participating in many ways including: a nationwide Paper Plate Campaign to collect local messages from food assistance agencies to be read and delivered to members of Congress in Washington D.C.; spreading the word with our celebrity partners via a video campaign that tells the real stories of Americans struggling with hunger; and the **30 Ways in 30 Days** campaign to provide individuals exciting ways to participate in their community throughout September - there will be daily “ways” to take action with the Food Bank of Northwest Indiana posted on the Hunger Action Month website– along with many additional suggestions for getting involved.

Nationwide, **50 million Americans** suffer from food insecurity. But hunger’s impact is felt by many more than the millions living with food insecurity: hunger impacts child development, health and wellness, education, workforce development – our general welfare as a nation. It is also an issue right here in our community – and at the local level, the Food Bank of Northwest Indiana works to combat hunger and aid the hungry living right here in Lake and Porter Counties. Throughout September, there will be opportunities to get involved. These opportunities will range from social media initiatives to events, family activity suggestions, and ways to volunteer or support the work The Food Bank of Northwest Indiana does every day.

Individuals who want to help spread the word and share our celebrity video with friends or to view the 30 Ways in 30 Days calendar, please visit the Hunger Action Month website at www.hungeractionmonth.org. For more information, email Megan Sikes at msikes@foodbanknwi.org.

About the Food Bank of Northwest Indiana

The Food Bank of Northwest Indiana is located in Gary and supplies food to over 100 pantries and soup kitchens in Lake and Porter Counties. In addition to distributing food to their member agencies the Food Bank also runs the BackPack, Kid’s Café, Mobile Pantry, Food Rescue and Pantry on the Go programs and offers pantry referrals. Last year the Food Bank distributed over 4.7 million pounds of food, and served over 5,000 individuals a week.

About Feeding America

Feeding America provides low-income individuals and families with the fuel to survive and even thrive. As the nation's leading domestic hunger-relief charity, our network members supply food to more than 37 million Americans each year, including 14 million children and 3 million seniors. Serving the entire United States, more than 200 member food banks support 61,000 agencies that address hunger in all of its forms. For more information on how you can fight hunger in your community and across the country, visit <http://www.feedingamerica.org>. Find us on Facebook at [facebook.com/FeedingAmerica](https://www.facebook.com/FeedingAmerica) or follow our news on Twitter at twitter.com/FeedingAmerica.

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If you would like more information about this topic, or to schedule an interview please call or email Megan Sikes.