

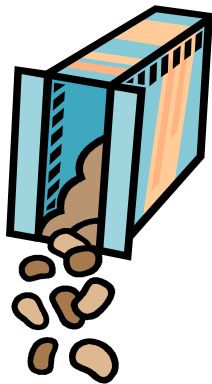
Hunger Awareness Month

October is Hunger Awareness Month. While searching for web sites for some of the celebrations, remembrances, and special observations for this month – I found a Virtual Canned Food Drive. It is co-sponsored by Feeding America and Libby's. Every \$5 raised by the food drive provides 35 meals for needy families.

While sending greatly-needed food to other countries is the right thing to do, I have always felt that much more should be done about hunger in our own country. And now with so many families falling on harder times than normal, there is a greater need within our own country to assist.



I started with an initial donation of \$10 when I created my profile for the food drive, and plan to make a \$10 donation on every pay day through at least the end of December. (I'm not sure how long the drive will be available.)



You can read more about this particular food drive through the link we set up:

<http://help.feedingamerica.org/goto/POTW>

If you aren't already donating locally, please consider adding your donations and join Marie and PartOfTheWhole in this endeavor.

Plus – consider going through your food shelves this month (before it gets hectic with holiday cooking). Toss out anything old. Anything still in date that you won't be using in the next couple of months or before it expires – please take to a local food pantry.

Locally, we have several food drives in May and September – where they leave a flyer at each house a week early and then return to pick up any donations. Check in your area for regular food drives. They benefit local families and make for great times to clean out the food cabinets. And new purchases of non-perishable products are always welcome – many food pantries are currently having a tough time keeping any food on the shelves due to the higher recent need.

If a neighbor or friend has lost their job or is on a limited income, consider cooking a double batch of one or two of your weekly meals and sharing. Or invite them over for a meal or two on a regular basis.

Consider volunteering at a food pantry or a soup kitchen. While October may be Hunger Awareness Month, hunger happens every month. Any little effort helps to decrease the effects of hunger.



With thanks from the depths of my heart,
Marie