



FOR IMMEDIATE RELEASE:

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SEPTEMBER IS HUNGER ACTION MONTH

RALEIGH, NC – The Food Bank of Central & Eastern North Carolina is part of a national movement to raise awareness and take action to help the more than 540,000 people in central and eastern North Carolina 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 Central & Eastern North Carolina is working to engage citizens to take action and help spread the word about how pervasive hunger is in every community. The Food Bank of Central & Eastern North Carolina is participating and the community can support in many ways including:

- **Take Action and Light Up Hunger** by lighting exterior bulbs in your home or office with orange bulbs and place a Hunger Action Month flyer in the window.
- **Get Involved** by printing the "30 Ways In 30 Days" calendar and join forces with friends and family to take action.
- **Share** the Hunger Action Month video with family and friends and the "30 Facts In 30 Days" on the Food Bank's twitter page. (@FoodBankCENC)
- **Support Students Against Hunger** in which students can help the Food Bank by collecting food and funds at their school or university. Kicks off in September and runs until December 3.

Nationwide, 50 million Americans suffer from food insecurity. However, hunger's impact is felt by 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 at the local level -in our community. The Food Bank of Central & Eastern North Carolina works to combat hunger and aid the hungry living in central and eastern North Carolina. The Food Bank is currently aiding in disaster relief efforts in response to the devastation left by Hurricane Irene.

Visit www.foodbankcenc.org/hungeractionmonth for ways to get involved during September's Hunger Action Month.

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About the Food Bank of Central & Eastern North Carolina

The Food Bank of Central & Eastern North Carolina is a nonprofit organization that has provided food for people at risk of hunger in 34 counties in central and eastern North Carolina for 30 years. The Food Bank serves a network of more than 800 partner agencies such as soup kitchens, food pantries, shelters, and programs for children and adults through warehouses in Durham, Greenville, New Bern, Raleigh, the Sandhills (Southern Pines) and Wilmington. In fiscal year 2010-2011, the Food Bank distributed more than 42.75 million pounds of food and non-food essentials through these agencies. Sadly, hunger remains a serious problem in central and eastern North Carolina. In these counties, more than 500,000 struggle each day to provide enough food for their families. www.foodbankcenc.org.

For more news & information about the Food Bank, view our social networks:

- Food Bank on Twitter: <http://twitter.com/FoodBankCENC>
- Food Bank on Facebook: <http://www.facebook.com/FoodBankCENC>
- Food Bank on YouTube: <http://www.youtube.com/foodbankcenc>
- Food Bank on Flickr: <http://www.flickr.com/photos/foodbankcenc>

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 or follow our news on Twitter at twitter.com/FeedingAmerica.

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