

# Hungry to Help

Food helps us grow and stay healthy, but millions of children in the US face hunger every day. More than 400,000 people in Connecticut are not confident where their next meal will come from and 117,000 of them are children. Some of the physical effects of hunger are malnutrition and stunted growth. Poor health can cause physical symptoms such as stomachaches and headaches, signs of worry, anxiety and behavior problems. Too many of our neighbors and friends are food insecure and there are many ways you can help!

## Hold a Food Drive

### YOU WILL NEED

- Address for your local Food Bank

### STEPS

1. Before you organize a food drive, make sure you contact your local food bank (contacts and resources below). The food bank will give you advice on:
  - Food safety
  - What types of items (food and non-food) they can safely accept
  - When food is needed the most
2. Organize a socially distant event where people bring food for a local food bank.
3. Contact friends and family to gather the much-needed nutritious food as they can.

### FIND YOUR LOCAL FOOD BANK/FOOD PANTRY

1. Visit the website for [Feeding America](#)
2. Visit the website for [Food Pantries](#) in your local area.
3. Contact [The Food Bank of Lower Fairfield County](#):

461 Glenbrook Road  
Stamford, CT 06906  
203 469 5000

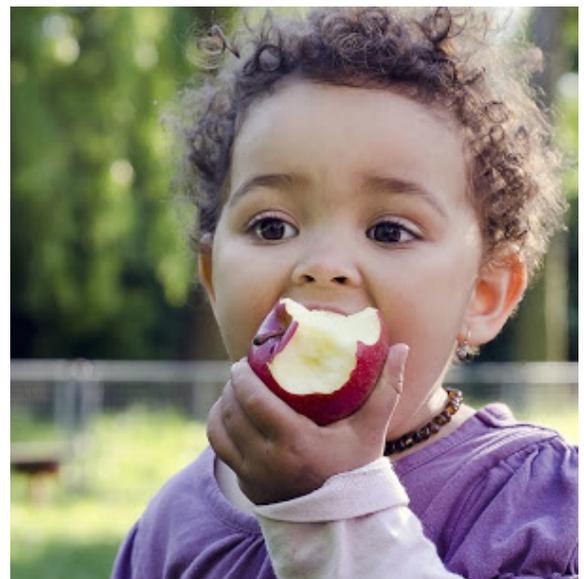
## Thank a Food Bank Hero

### YOU WILL NEED

- Paper
- Paints, markers or crayons
- Envelope

### STEPS

1. Write a letter or make a card and mail it to your local Food Bank.
2. You can also leave a digital note by clicking [here](#).



# Hungry to Help

## Donate Money

The average cost of a meal in Fairfield County is \$3.31, among the highest in Connecticut. Food banks will use your donation to purchase food in large volumes at wholesale cost. Food Banks provide nutritionally beneficial food to families at a cost that is far less than the average.

### YOU WILL NEED

- An empty jar
- Acrylic paints or stickers

### STEPS

1. Grab your empty jar and paint it or decorate it however you want.
2. With an adult's help, cut a slit on the lid of your jar so that money can pass through it, if you need to.
3. Start filling up your jar. You can do extra chores, take a small part of your allowance, ask your parents to have a garage sale or find another creative way to earn some extra money.
3. Once you have gathered some money, donate it to your local food bank. You can make a check payable to "The Food Bank of Lower Fairfield County" and send to:

The Food Bank of Lower Fairfield County  
461 Glenbrook Road  
Stamford, CT 06906

## For even more ways to help, visit:

[Feeding America](#)

[The Food Bank of Lower Fairfield County](#)

[Feeding America's Children](#)

