

RESOURCES

Starved for Attention: Food Insecurity in Northwest Ct. Report is available through the Community Foundation of Northwest CT www.cfnwct.org

ALICE: Asset Limited, Income Constrained, Employed: a Study of Financial Hardship produced by CT United Ways and United Way of Northern NJ

www.ctfoodbank.org/hunger-in-america2014

www.frac.org FRAC: Food Research and Action Center

www.feedingamerica.org "Take the Pledge" to raise awareness

www.endhungerct CT anti-hunger non-profit organization

www.CTVoices.org Connecticut Voices for Children: poverty research

BOOKS

Scarcity: Why Having Too Little Means So Much by Sendhil Mulainathan and Eldar Shafir

Hand to Mouth: Living in Bootstrap America by Linda Tirado

Stuffed and Starved by Raj Patel

The Working Poor: Invisible in America by David K. Shipler

ACTIONS ON BEHALF OF THE FOOD BANK

Fill a Bag for the Food Bank: fill reusable shopping bags with the following items: tuna, apple juice, peanut butter, jelly, pasta sauce, gluten free or low sugar items or as described on green hand-out

Walk a Mile for a Meal "Food Raiser" for NM Food Bank: Sept. 25, 2016

OTHER ACTIONS

SNAP CHALLENGE! For one week, shop and eat on the average weekly allotment of SNAP. (@ \$4/day) See FRAC website for more info.