

DECEMBER

Nutrition Newsletter



'TIS THE SEASON TO GIVE BACK!

For most, the holidays are a time of celebration and spending time with friends and loved ones. It's a time to indulge in family recipes and partake in annual family traditions. For some Arkansans, however, the holidays are a time for worry and anxiety over food insecurities. With children out of school and not receiving meals provided during school time, some families feel the burden of hunger even stronger during the holiday season.



HUNGER IS CLOSE TO HOME



1 in 5 Arkansans struggle to buy enough food for their family



Arkansas ranks second in the nation for food insecurity



23.6% of Arkansas children have limited access to adequate food



17.3% of Arkansas are facing hunger each day

WAYS TO GIVE BACK

One of the biggest ways to help hunger families in Arkansas is to donate foods to your local foodbank or participating church, but did you know there are other ways to give back as well?

- Volunteer to organize donations, box food, and even serve meals!
- Host your own food drive!
- Help your local foodbank get the word out through social media.
- Sponsor an event that takes food donations at the door!





ARKANSAS
**FOOD
BANK**

MEMBER OF
**FEEDING
AMERICA**

RELIEF THIS HOLIDAY SEASON

The Arkansas Foodbank is the largest hunger relief organization in our state and is an excellent resource for families who are struggling with the reality of bare shelves at home. Their website states "The Arkansas Foodbank is the foundation in the fight against hunger. We find pathways to connect people, resources and food to reach those in need, providing dignity, hope and a brighter future for all Arkansans."



IF YOU ARE IN NEED, TRY THESE PROGRAMS THIS HOLIDAY SEASON:

1

AGENCY FOODBANK LOCATOR

- Visit the "I Need Food" tab at the Arkansas Food Bank website <https://arkansasfoodbank.org>.
- This page includes an Agency Map Locator where you can enter your zip code either through the website or by texting FINDFOOD (one word) to 844-381-FOOD to find the agency nearest you.

2

MOBILE FOOD DISTRIBUTION

- Visit the Arkansas Foodbank website to find the time, date, location of the nearest foodbank truck delivering food to your area!