

**FEEDING AMERICA RIVERSIDE | SAN BERNARDINO ASKS RIVERSIDE AND SAN BERNARDINO COUNTIES TO TAKE ACTION TO END HUNGER**

***Feeding America® Network Food Banks across the Country Promote Hunger Action Month™***

**Riverside, CA – Aug. 30, 2018** – This September, Feeding America Riverside | San Bernardino (FARSB), together with the Feeding America nationwide network of food banks, will mobilize across all 50 states in an effort to bring an end to hunger. Hunger Action Month is designed to inspire people to take action and raise awareness of the fact that 41 million Americans, including nearly 13 million children, are food insecure, according to the USDA.

In Riverside and San Bernardino Counties, more than 800,000 people struggle with hunger and may not know where they'll find their next meal. That number includes one in 4 kids who may not have enough to eat.

September marks the eleventh year the Feeding America network of food banks has organized this annual call to action and the 11th year the FARSB food bank has participated in the Hunger Action Month movement. This year the campaign will focus on the strong connections between hunger and health.

The Hunger Action Month 2018 campaign asks people to consider how it must feel to live with an empty stomach, which puts a healthy life and a promising future at risk.

“Adequate and nutritious food are the keys to a healthy and thriving community. At FARSB, our mission is to ensure that our Inland Empire community, has access to a healthy and adequate food supply. Hunger Action Month is a great opportunity to bring attention to the importance that health and nutrition plays on the growth and development of our children and our community, said FARSB CEO, Stephanie Otero.”

Hunger Action Day®, the second Thursday in September, is a day where efforts across the country are focused for greater impact.

This year, on September 13th, FARSB asks supporters to share what they couldn't do without adequate nutrition by writing on an empty plate, “On an empty stomach I can't \_\_\_\_\_,” and filling in the blank with something they couldn't achieve without the nutrition we need to thrive.

These photos can be posted to social media with #HungerActionMonth, @FeedingAmericaE and @FeedingAmerica to join the conversation.

In Riverside and San Bernardino Counties, the food bank has many activities planned to engage the community in hunger relief and awareness building, including:

- Weekend Volunteer Opportunities
- Encouragement of community led food drives
- NORMS #MakeCaringtheNorm \$3 donation campaign
- Souplantation “Better Neighbor Project” register donation campaign

To learn more about FARSB and other ways you can get involved for Hunger Action Month in the Inland Empire, please visit [www.FeedingIE.org](http://www.FeedingIE.org) or [HungerActionMonth.org](http://HungerActionMonth.org).

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### **About Feeding America Riverside | San Bernardino**

Feeding America Riverside | San Bernardino began in 1980 as Survive Food Bank in response to the increasing concern about the dual problems of hunger and food waste in the Inland Empire. Today, FARSB is the primary source of food for over 475 nonprofit organizations, distributing over 2.5 million pounds of food monthly to emergency food pantries, homeless shelters, soup kitchens, high-need elementary schools, halfway houses, senior centers, residential treatment centers, shelters for the abused, after school programs and group homes. More than 425,000 men, women and children each month rely on the food bank’s distribution center to make ends meet. [www.feedingie.org](http://www.feedingie.org)

### **About Feeding America®**

Feeding America is the nationwide network of 200 food banks that leads the fight against hunger in the United States. Together, we provide food to more than 46 million people through 60,000 food pantries and meal programs in communities across America. Feeding America also supports programs that improve food security among the people we serve; educates the public about the problem of hunger; and advocates for legislation that protects people from going hungry. Individuals, charities, businesses and government all have a role in ending hunger. Donate. Volunteer. Advocate. Educate. Together we can solve hunger. Visit [www.feedingamerica.org](http://www.feedingamerica.org), find us on [Facebook](#) or follow us on [Twitter](#).

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