

**VETERAN OF FOREIGN WARS AUXILIARY
DEPARTMENT OF WISCONSIN
VETERAN AND FAMILY SUPPORT
JULY 2018**

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Greetings to all my Wisconsin VFW Auxiliary brothers and sisters. I want to introduce myself. My name is Faith Elford, your new 2018-2019 Wisconsin Veterans and Family Support Chairperson. My home auxiliary is in District 2 - VFW Post 1879 Auxiliary in Fort Atkinson, Wisconsin.

As Veterans and Family Support is the true calling and business of our auxiliaries, I hope to bring you the best information I can as to how you can contribute and help our veterans in your area. Please do read these bulletins at your meeting so that all members can hear how they can make the lives of our veterans and their families a little better starting today.

Ways to Help Veterans Experiencing Food Insecurity

Many men and women who have served our nation now face hunger. Unfortunately, the harsh reality is that 20 percent of households supported by the organization Feeding America include a member who is a veteran, or who has served in the U.S. military.

“It is disheartening to know that one in five households that come to us for help has a member who has served our country,” said Diana Aviv, CEO of Feeding America. “Military families face unique challenges, but we must ensure that putting food on the table is not one of them.

Hunger among the more than 12 million U.S. veterans over the age of 60 is reaching critical levels. Estimates are that more than 300,000 elderly veterans are food insecure. Relatives, who often do not live with the elderly veterans in their families, do not realize how little food their loved ones are consuming each day.

What is Food Insecurity? Food Insecurity is defined as the state of being without reliable access to a sufficient quantity of affordable, nutritious food. Food insecurity causes people to suffer from chronic hunger and poor nutrition and as a result, they are less likely to lead healthy and productive lives.

What can we do to help our veterans who experience food insecurity? A simple way each of us can give back to our veterans who are struggling with hunger in our local communities is to collect and donate the following types of food items to our local food pantry:

- Cereal
- Pasta
- Pasta sauce
- Canned fruit
- Tuna
- Peanut butter
- Jelly
- Boxed potatoes
- Canned pasta
- Ramen noodles
- Soup
- Rice-a-roni
- Baked beans
- Pancake syrup
- Pancake or Muffin mix

Another suggestion is to collect healthy food items and distribute them to veterans and their families at your Post home. Do you know of farmers or vegetable growers who would be willing to donate fresh fruit/vegetables to help support our veterans? Maybe a local grocer would be willing to donate whole grain breads/rolls.

Let us honor our courageous veterans by raising awareness of food insecurity and hunger our veterans and their families may be experiencing. We can all do our part to help provide the necessary ingredients to prepare nutritious meals.

As National winds down their year and starts a new year this month with their convention in Kansas City, Karen Dotson, your 2017-2018 National Veterans & Family Support Ambassador wishes to thank you for all the extraordinary simple acts of kindness you perform each day to support our veterans, our service members, and their families and I echo those thanks.

My wish is that working together, we can help make the lives of our veterans even better in the 2018-2019 year. I thank you in advance for the great works I know you will do and that will follow the 2018-2019 National President Sandi Kriebel's theme of "Believe...We Can Do It" and our Wisconsin VFW Auxiliary President Laurel Ann Weise's theme of "Reaching for the Stars for Veterans".

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