



Working together to make hunger  
non-existent in our communities

October 5, 2016

Dear Friends,

As we approach this Thanksgiving season, we are again reminded of how much we have to be thankful for in this country. We have our freedom, a land rich in agriculture and comfortable surroundings. As we focus on our abundance this season, sharing together with family and friends, I would challenge you to remember others in your community.

There are people in this county who wonder what they will have for tomorrow's dinner, never mind having a big feast for Thanksgiving. Perhaps your neighbour is thankful for the food bank in their town so they have food to feed their children. It is easy to become so involved and comfortable with our daily lives that we forget about our neighbours who are hurting in our community.

Many people are struggling. Two-parent working families are finding it harder and harder to make ends meet. Food banks are also seeing more and more seniors on fixed incomes struggling with food insecurity. Every day the food banks see the pain and hopelessness that comes when the last shreds of dignity are gone.

#### What can you do to help a hungry person?

With the support of caring people like you, children do not have to go to bed hungry and their families can receive the practical help they so desperately need.

Food insecurity is real and children are going to bed hungry. Last year approximately 16,000 visits were made to the 10 Huron County food banks – 34% of those visits served children. This number continues to rise as more and more people and families are struggling.

Can you do your part in helping to feed those in Huron County who are struggling with food insecurity? Huron County Food Bank Distribution Centre relies on financial donations to meet requests for food. The 2016 budget requires \$80,000.00 in financial donations and to date we have received \$30,000.00.

**Please consider supporting the Huron County Food Bank Distribution Centre and you can make a difference right here at home.**



Regards,

*Mary Ellen Zielman*

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