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For Immediate Release

Contact: Mary Ingarra
Phone: (203) 469-5000 ext. 309
(203) 619-3696 (cell for media calls)
E-mail: mingarra@ctfoodbank.org

Wear Orange September 6 for Hunger Awareness
“Speak Out Against Hunger” Theme of September’s Hunger Action Month

East Haven, CT – August 29, 2012 – Connecticut Food Bank is urging people to wear orange on Thursday, September 6, as part of a nationwide effort to increase awareness about hunger in our communities during Hunger Action Month. Hunger affects more than 490,000 people, including more than 150,000 children, in Connecticut on a year-round basis.

In September, Feeding America’s network of more than 200 food bank around the country are engaging citizens to take action and help spread the word about how pervasive hunger is in every community.

“We are calling on Connecticut residents to do what they can to bring attention to hunger in their communities,” said Nancy L. Carrington, Connecticut Food Bank’s president & CEO. “People can make a difference by advocating or giving time and energy, sharing information on social media or donating food and funds.”

In addition to wearing orange, the color of hunger relief on September 6, Connecticut residents can rally for hunger relief by doing these simple tasks in September:

- Speak up for national nutrition programs by sending a postcard to your elected official
- Find Connecticut Food Bank and Feeding America on Facebook and hit “like”
- Update your Facebook status to share a hunger fact with your friends
- Volunteer your time at Connecticut Food Bank, a local food pantry or soup kitchen
- Tour Connecticut Food Bank
- Donate to Connecticut Food Bank. For every \$1 donated, Connecticut Food Bank can distribute \$5 worth of food at wholesale value.

Connecticut Food Bank is promoting Hunger Action Month by:

- Posting a 30 Ways in 30 Days calendar on www.ctfoodbank.org to provide individuals with ideas to participate throughout the month of September
- Offering volunteer opportunities including apple picking at Connecticut orchards

throughout the month of September to help provide fresh, healthy apples to people in need.

- Honoring our *Hunger Action Heroes* who help advance the fight against hunger in Connecticut on Sunday, September 9, at the East Haven warehouse.

To learn more about Hunger Action Month, please visit www.hungeractionmonth.org or www.ctfoodbank.org.

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Connecticut Food Bank serves approximately 600 local emergency food assistance programs in six of Connecticut's eight counties: Fairfield, Litchfield, Middlesex, New Haven, New London and Windham. Connecticut Food Bank distributes an average of 33 tons of food every business day. For more information, visit www.ctfoodbank.org. Find us on Facebook at www.facebook.com/ctfoodbank or follow us on Twitter, www.twitter.com/ctfoodbank.

About Feeding America

Feeding America provides low-income individuals and families with the fuel to survive and even thrive. As the nation's leading domestic hunger-relief charity, our network members supply food to more than 37 million Americans each year, including 14 million children and 3 million seniors. Serving the entire United States, more than 200 member food banks support 61,000 agencies that address hunger in all of its forms. For more information on how you can fight hunger in your community and across the country, visit <http://www.feedingamerica.org>. Find us on Facebook at facebook.com/FeedingAmerica or follow our news on Twitter at twitter.com/FeedingAmerica.