

Full Plate PRESS

THE NEWSLETTER OF
**FEEDING
AMERICA**[®]
West Michigan

2018 Fall Newsletter
& 2017 Annual Report



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Connecting Hunger and Health

Recent studies have further illuminated the harmful intersection between hunger and health, which impacts hunger relief organizations and their partners. Feeding America's National Office found that people suffering with food insecurity are likely to have elevated and immense health complications.

It has become apparent that not all food is created equally. If food insecure families are able to gain access to enough food to curb their hunger, their health can still be impacted if they cannot access an adequate amount of healthy, nutritious foods. According to Feeding America and the Food Research and Action Center (FRAC), one of the most evident health risks associated with food insecurity is an increased threat of chronic disease. It is often thought that the root cause of diet related diseases is a result of the amount of food consumed, but studies reveal that it's more about the quality of foods being eaten.

The Feeding America National Office states that "people who experience food insecurity are at higher risk for diet related diseases such as type 2 diabetes, high blood pressure, heart disease, and obesity." Similarly, a study conducted by the U.S. Department of Agriculture suggests that "food security status is more strongly predictive of chronic illness in some cases even than income. Income is significantly associated with only 3 of the 10 chronic diseases — hepatitis, arthritis, and COPD (Chronic Obstructive Pulmonary Disease) — while food insecurity is significantly associated with all 10." The clear link between a poor diet and chronic disease confirms how crucial it is to eat well-rounded, nutritionally adequate meals.

The intersections of hunger and health do not stop there. Feeding America and FRAC list several additional risk factors that stem from inadequate nutrition, including poor overall health, impaired cognitive function, substandard academic achievement, increased susceptibility to illness, poor mental health, developmental issues, behavioral and emotional problems, and toxic stress. Once in the downward spiral of food insecurity, it can be hard to break the cycle of health repercussions.

To solve the immediate problem of hunger, many food insecure families rely on purchasing unhealthy, calorie dense, low cost foods. This is often because money that would otherwise be used for food must be allocated elsewhere. Those who are



trying to make ends meet are frequently forced to make difficult choices between paying for food or other essentials, such as housing, utilities, medical bills, child care, transportation and so on. When these tradeoffs are made, the quality and quantity of food is lowered drastically. Those living at or below the poverty line, even with federal nutrition programs and help from their community, are still forced to make compromises. These compromises are directly correlated with the poor health outcomes of food insecure populations.

According to FRAC, "researchers estimated that those experiencing food insecurity have an extra \$1,863 in health care expenditures each year, compared to their food-secure counterparts," making the connection between hunger and health unquestionable.

There are initiatives that Feeding America West Michigan and their partner agencies are undertaking to combat the risk of health complications due to inadequate nutrition. It is imperative that food insecure neighbors can gain access to an array of foods to ensure that all of their nutritional bases are covered, and to have resources in place to help them combat negative health outcomes.

Q&A With a Nutritionist

JESSICA CORWIN, MPH, RDN

What is your current role and what led you to that position?

For nearly seven years, I have been working at Spectrum Health Healthier Communities as a Community Nutritionist. I have been fortunate enough to have opportunities to lead discussions, presentations and cooking classes in food pantries, schools, churches and other venues. Prior to this role, I was working in the corporate world and yearned for a career closer to the source of change. I went back to school for my Masters in Public Health.

What negative health repercussions have you seen come with food insecurity?

Our food system offers whole food options at a higher cost than the processed options and in most cases, the processed option is laden with salt, sugar, and unhealthy fats. When someone is food insecure and struggling to afford enough food to satisfy their hunger, the logical choice is to opt for food that offers more calories for less money – junk food. This can lead to weight gain and when mixed with the chronic stress typically associated with poverty, chronic disease results and a vicious cycle of ill health ensues.

How crucial do you think it is to eat a well-balanced diet and what happens when it isn't maintained?

As a Registered Dietitian-Nutritionist, I am passionate about a balanced whole food diet. However, when someone doesn't even know where they will be sleeping that night, how they will afford daycare, or how they will afford their diabetes medication, nutrition tends to fall on the priority list. If our food system was altered to allow for greater access and affordability when it comes to healthy whole foods, we could help people to increase their odds against stress and disease by arming their bodies with good food to fight inflammation and boost the good bugs in their microbiome. Good food is the preventative solution for far more than hunger alone.

Do you think food insecurity heightens the risk of chronic diseases and lowers a person's overall health? Why?

Absolutely. In many cases, someone who is food insecure is under high stress, perhaps balancing multiple part-time jobs, and not in the most hopeful place when it comes to mental health. These factors alone can make it much more difficult to make healthy food choices even if they are affordable and accessible.

As poor food choices increase, as will the inflammation, weight gain and the risk for chronic disease.



If you could list your top 5 foods to avoid, and top 5 health benefiting foods, what would they be?

There are not specific foods that will make or break you, but if you can aim for one more vegetable each day, preferably a leafy green or cruciferous vegetable, along with a serving of nuts or seeds and beans, you will be well on your way to better health. If you were going to cut anything out, start with the sugary drinks and processed grain foods.

Which types of foods do you think should be limited in consumption, but still eaten?

If we could all keep added sugar to a minimum (40 grams or less) we would notice a world of difference in our physical and mental health. Pay attention to the Nutrition Facts Label so that you can take charge of your intake. You may be surprised to find that you are consuming over 100 grams of added sugar daily.

If you could change something about the standard American diet right now, what would it be?

I strive to encourage greater vegetable consumption. If everyone could aim for at least 5 vegetables each day along with a handful of nuts, a meat-free meal and eight glasses of water, they would be shocked at the difference in how they feel.

Looking to the future, what do you see changing in the world of nutrition?

Continuing to shift the focus from quantity to quality. Nutrient density over caloric density.

In your opinion, what can hunger relief organizations do to combat negative health repercussions that come with food insecurity?

Continue to arm and empower clients with knowledge about what is in their food and how food choices impact so much more than waistlines alone. It is also imperative that we voice their needs to political representatives to better understand our broken food system and how we can make even minor changes to help move it in a more positive direction for affordable healthy food choices. It would also be beneficial to educate food donors on the impact of their donations.



Keeping Produce, Dairy and Protein on the Table

For those struggling with food insecurity, maintaining a well-balanced diet may be a luxury that is unattainably expensive. As a food bank that provides food to 900 partner agencies in 40 counties throughout West Michigan and the Upper Peninsula, providing healthy, nutrient-rich foods to neighbors that need them is a priority. By intentionally sourcing produce, dairy, protein and other nutritious foods, Feeding America West Michigan and its partner agencies are able to transition to not only feeding neighbors in need, but nourishing them as well.

The cornerstone of a nutritious, balanced diet includes plenty of fresh fruits and vegetables. At Feeding America West Michigan, finding new and sustainable ways to source fresh produce is an ongoing effort, and one that has paid off immensely in recent years. Thanks to the tremendous support of countless local farms, food brokers, and statewide initiatives, nearly one third of all food distributed by Feeding America West Michigan in 2017 was fresh produce. That included donations from local farms like Marker Farms, a farm in Kalkaska that has donated more than 150,000 pounds of potatoes so far in 2018, to Kerlikowske Farms, a farm from Niles that donated an astounding 407,000 pounds of produce in 2017.

In addition, when Feeding America West Michigan needs more produce than has been donated at certain times throughout the year, there are initiatives through the Food Bank Council of Michigan and the State of Michigan that allow the food bank to procure large volumes of produce at generous rates. According to Mallory Weber, Feeding America West Michigan's food acquisition manager, "It's incredibly important to make sure that we're putting nutritious food into the community. A lot of the clients we serve are high need and high risk. We're fortunate to live in the agriculturally rich region that we do; the southwest area of the state alone is a huge resource for fresh, local produce. We're really lucky to have so much of it in our backyard."

In addition to produce procurement, the food bank also puts an emphasis on bringing in and distributing milk and other fresh dairy products. This is made possible thanks in no small part to local dairy farms, distributors, and other donors. Weber continued, "We're very fortunate to live in a dairy-rich area. Living in such a dairy prominent area of the state, we have access to those donations and relationships for purchasing dairy." Reliable donors like Country Fresh, which has donated over 250,000 pounds of milk this year (equivalent to roughly 31,250 gallons) and the Michigan Milk Producer's Association, which is donating 150 gallons of milk per day for 2018 to Michigan food banks, keep milk stocked and ready to be distributed to partner agencies around the state.

Lastly, Feeding America West Michigan is putting more of an emphasis now than ever on providing reliable sources of protein to clients who receive food from our partner agencies. Local meat processors in the food bank's 40 counties contribute to this goal by providing consistent donations of processed meat. Tyson Foods has donated more than 77,000 pounds of food in 2018 alone, and Boar's Head – which has a local manufacturing plant in Holland – has given over 38,000 pounds. Grand Champion Giving, a Feeding America West Michigan initiative started in 2017, has also made a measurable impact in protein acquisition by the food bank. The program, which allows those who wish to purchase animals during participating 4H Livestock Auctions to donate the animals directly to Feeding America West Michigan, brought in approximately 27 animals in 2017 and has four participating fairs in the region in 2018.

With our partner agencies working hard to improve the health of the clients that they serve, Feeding America West Michigan is doing their part in turn by providing high-quality, nutritious foods to 900 partner agencies, who put food directly into the hands of those who need it. With the incredible generosity of local farms, manufacturers, distributors, and other partners, the food bank feels confident that, when it comes to providing healthy foods, the best is yet to come. "Nutritious food is expensive to buy and so many families are already having to choose between things like buying food and keeping the lights on," Weber said. "Our goal is to be able to provide that nutritious food for them and for their families so they don't have to choose one or the other."

2017 ANNUAL REPORT



Letter from the Board Chairperson and the President and CEO

2017 represented a year of reflection and reinvention for Feeding America West Michigan. At the start of the year, following a record-breaking 2016, we asked ourselves one question: what's next?

Over the months, we gathered clients and stakeholders to help us determine the next phase of our legacy: how to become leaner, make our voices louder, and extend our reach to the farthest-flung communities in our 40 counties. At the culmination of these months of hard work, we affirmed our mission and vision statements that encapsulate why we continue to push toward our goals every day, and what we envision for the future of the communities that we serve.

*Our mission: We **gather** and **distribute** food to relieve hunger and increase food security in West Michigan and the Upper Peninsula.*

*Our vision: A community in which all neighbors are **nourished** and **empowered** within an **equitable** food system.*

The words held within these statements are more than a pleasant thought: they inspire changes that create meaningful, lasting impact for families living in our service area.

Gather and distribute. In 2017, we delivered 26.7 million pounds of food to 900+ partner agencies. That is the equivalent of 22 million meals, put into the hands and onto the tables of hungry families in our community. In 2018, we aim to establish lasting partnerships with new food donors and strengthen existing relationships with our current donors – from farms to retailers to manufacturers.

Nourished. Now more than ever, we are making a conscious effort to encourage healthy lifestyles for those we serve. This is taking shape through targeted efforts to procure and

distribute more fruits and vegetables than ever before. In 2017, roughly 30% of the food that we distributed was fresh produce.

Empowered. We strive to embody empowerment every day: empowering our partner agencies to provide the most impactful services and resources to their clients, and empowering every member of our community to flourish by lessening their burden of food insecurity.

Equitable. Every neighbor living in our 40-county service area has the right to adequate and nourishing food. Beginning with a research project in 2017 that determined the highest-need census tracts in our service area, we have worked to provide targeted assistance in areas where the need is the greatest, to ensure that all neighbors have the same opportunities and resources.

We could not accomplish any of these goals without the partnership of our agencies, volunteers, donors and staff. Thank you so much to all who have joined in this great work. But there is still a lot of work to be done. 1 in 8 people in our service area are still hungry. By becoming involved with Feeding America West Michigan, you send a message that every one of them deserves to live in a community where they are able to thrive. **Can we count on you?**

Sincerely,

Kenneth R. Estelle
President & CEO

Kelly Crosse
Board Chair

2017 Top Food Donors

Feeding America West Michigan receives food from hundreds of grocery stores, farms, and manufacturers who donate every conceivable type of food from fresh lettuce and frozen meat to breakfast cereal and milk. In 2017, these partners provided a total of 27,349,900 pounds of food.

Top 20 Food Donors of 2017

Walmart	2,112,196
Meijer	2,072,836
Sam's Club	1,263,596
Kellogg Company	967,972
Gordon Food Service	771,402
SpartanNash Stores	732,897
General Mills	650,644
Coca-Cola Company	479,112
Country Fresh Dairies	417,521
Kerlikowske Family Farms	407,024
National Food Group	352,964
Target	310,062
Roskams Bakery	292,035
Sysco Grand Rapids	274,153
ALDI	266,622
Old Orchard	265,984
Superior Foods	231,012
Mondelez International	228,022
Marker Farms	209,867
National Assoc. of Letter Carriers	201,921

Top 20 Total 12,507,842



A network of agencies.

2017 Top Agencies



Agency	City	Pounds Dist.
Muskegon County Cooperating Churches (Mobile Pantry)	Muskegon	638,498
Community Food Club	Grand Rapids	587,710
Love in Action - Tri-Cities (M)	Grand Haven	375,322
Rotary Charities of Cadillac (M) / RCCF	Cadillac	261,978
Love INC - Newaygo County	Grant	214,951
Salvation Army - Adult Rehab	Grand Rapids	203,718
Family Network (M)	Wyoming	202,871
TrueNorth Community Services Food Pantry	Fremont	199,785
Good Neighbor Services (M)	Manistique	192,056
Streams of Hope Food Center	Grand Rapids	188,837
Ishpeming CUP/FAWM (M)	Ishpeming	188,292
Project Hope of Allegan County	Dorr	165,629
Salvation Army - Sault Ste Marie	Sault Ste Marie	148,849
SECOM South End Community Outreach Ministry	Grand Rapids	143,981
UCOM	Wyoming	139,057
Senior Meals Program Food Pantry	Grand Rapids	137,895
Loaves & Fishes - CAST/CCWM	Muskegon	131,056
Barryton Area (M)	Barryton	127,337
Northside Churches@ Fifth Reformed (M)	Muskegon	127,330
Kids Food Basket	Grand Rapids	120,274



RESCUED *and* REPACKED

Last year, our volunteers worked to sort, repackage, and label the millions of pounds of food that we received from farms, stores, and manufacturers. In 2017, our volunteers repacked **6,155,760 pounds of food** or **5,129,800 meals**.

1,774 Volunteers

1,275 First-time Volunteers

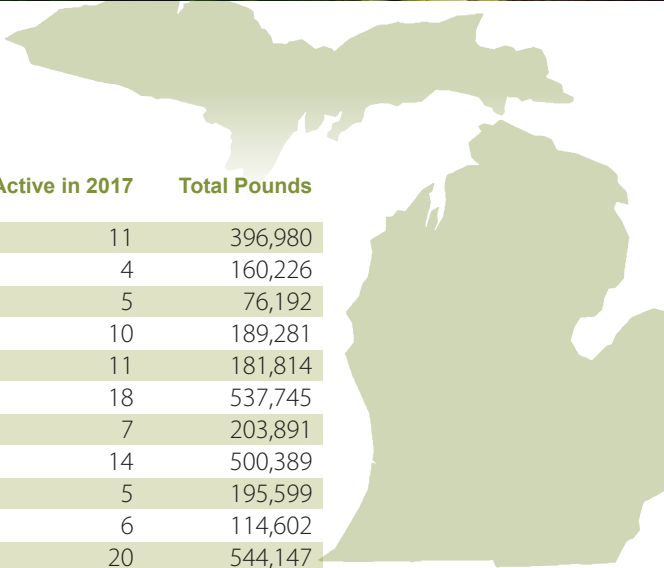
25,649 Hours

Meals Per Hour: **200**



*Local
Farmers*
Are Feeding
West Michigan

2017 County Distribution Totals



County	Agencies Active in 2017	Total Pounds	County	Agencies Active in 2017	Total Pounds
ALGER	5	109,085	LAKE	11	396,980
ALLEGAN	20	617,237	LEELANAU	4	160,226
ANTRIM	17	745,483	LUCE	5	76,192
BARAGA	8	140,794	MACKINAC	10	189,281
BENZIE	6	254,160	MANISTEE	11	181,814
BERRIEN	69	1,433,725	MARQUETTE	18	537,745
CASS	20	472,851	MASON	7	203,891
CHARLEVOIX	13	524,618	MECOSTA	14	500,389
CHIPPEWA	27	343,170	MENOMINEE	5	195,599
DELTA	10	333,760	MISSAUKEE	6	114,602
DICKINSON	13	280,081	MONTCALM	20	544,147
EMMET	17	1,157,408	MUSKEGON	29	1,358,802
GOGEBIC	8	233,828	NEWAYGO	27	1,448,325
GRAND TRAVERSE	30	681,141	OCEANA	9	349,615
HOUGHTON	25	584,877	ONTONAGON	7	112,338
IONIA	16	540,153	OSCEOLA	14	331,462
IRON*	10	225,361	OTTAWA	63	1,754,880
KALKASKA	8	183,656	SCHOOLCRAFT	5	263,635
KENT	281	7,26,183	VAN BUREN	23	483,408
KEEWEENAW	1	26,603	WEXFORD	20	616,321

Total **911** **25,933,826**
 To Other Food Banks: 1,454,645



The NUMBERS

STATEMENT OF FINANCIAL POSITION, DECEMBER 31, 2017



1.4%
Fundraising

97.7%

Programs



0.9%

Administration

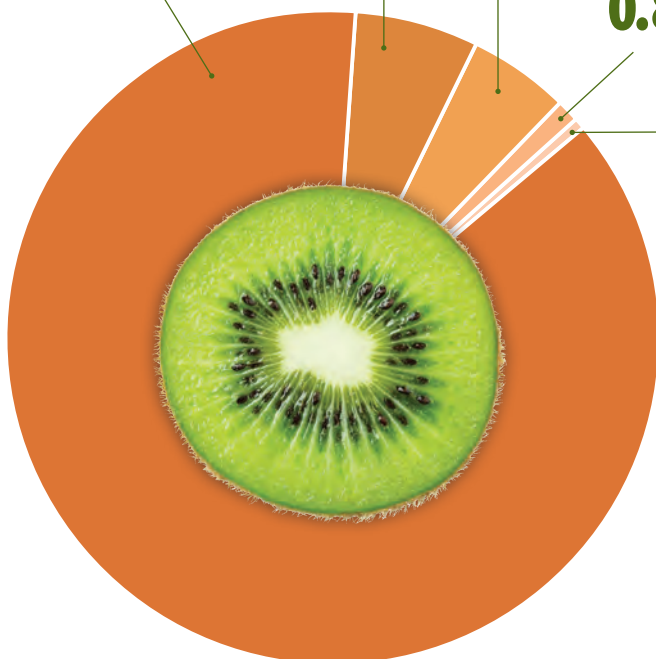
88.4%
Non Cash

5.1%
Handling Fees

5.4%
Contributions

0.8%
Grants

>0.1%
Other



EXPENSES

Programs	\$47,782,993	97.7%
Fundraising	\$678,501	1.4%
Administration	\$440,281	.90%
Total	\$48,901,775	100%

Programs: All expenses related to reclaiming, storing and distributing food in the 40 counties we serve. Includes \$43,942,025* of food and grocery items distributed.

Fundraising: The cost of communications and development activities.

Administration: Costs related to administrative and accounting activities, along with other expenses not directly connected to food distribution.

REVENUE

Handling Fees	\$2,551,148	5.1%
Contributions	\$2,702,968	5.4%
Grants	\$421,647	0.8%
Other	\$66,880	>0.1%
Non-Cash	\$43,942,025	88.4%
Total	\$49,684,668	100%

Handling Fees: Cost-sharing with partner agencies, who pay 6 to 18 cents per pound for most items.

Contributions: Gifts from individuals, companies and other organizations.

Grants: Income from charitable foundations and government agencies.

Non-Cash: The value of the food we received.*

* Value based on an annual analysis done for Feeding America's national office by an independent auditor.

Fighting for Health

Many of Feeding America West Michigan's partner agencies have made it their mission to address the intersection between hunger and health. This desire to combat negative health repercussions in food insecure neighborhoods has developed into many different programs, classes and initiatives that have made an impact on the health of those in communities struggling with chronic hunger.

One of the most thorough and widespread efforts is called the Nutritional Options for Wellness (NOW) Program. It is run through Access of West Michigan, which is an organization that strives to provide solutions to poverty. This program combines nutritious foods from seven participating pantries with education about healthy living provided through their partnerships with organizations in the community. Qualified participants are referred by their doctor with a diagnosis of at least one of three diet related diseases. According to Access, the year-long program aims to "empower individuals to successfully manage their disease, with the objective of reducing disease risk factors, instilling sustainable healthy habits, and promoting overall wellness through nutrition education, healthy goal setting, coaching, and wellness classes."

Other initiatives at Access include their Farm to Pantry and Food Prescription Programs, which aim to improve access to healthy, local produce to those who may otherwise have gone without. Similarly, the Double Up Food Bucks program encourages those on food assistance to purchase fresh, local foods at participating locations by doubling their benefits when spent on qualified, nutritious food. Likewise, Senior and WIC (Women, Infants, and Children) Project FRESH ensure that particularly at-risk individuals have access to healthy, fresh foods.

There is not only a need for healthy food, but also for health-related education, which is why many of our partner agencies have taken the initiative to offer classes. They cover a variety of topics, such as cooking, nutrition, meal prepping, gardening, food preservation and exercise.

To further encourage healthy living, SECOM Resource Center and Streams of Hope have created and implemented healthy food policies. Barb Nauta, Streams of Hope's Food Center director, spoke about how her husband was diagnosed with Type 2 Diabetes five years ago. The couple was determined to beat it, and through healthy diet and exercise, succeeded. "I believe that every person has the right to access healthy foods," Barb said. "We have a unique opportunity to change the health of our community by providing our clients with good tasting, healthier foods that feed their mind, body, and soul." The Food Center has also filled a gap that was



Photo courtesy of the Community Food Club



widespread in their community – access to a doctor. Through their partnership with Exalta Health Services, they created an onsite medical clinic that is open once a week. Similarly, SECOM and UCOM offer preventative health screenings.

To compliment the efforts of the more traditional pantries, both the Lakeshore Food Club and the Community Food Club of Grand Rapids are also making an effort to lessen the burdens of hunger on health. Their supermarkets are set up to encourage clients to choose healthy food by displaying fruits and vegetables front and center, and by making more nutritious foods cost fewer points. AJ Fossel, the Food Club's executive director, stated that "80% (of households served) eat more fruits and vegetables after only 6 months of shopping at the Food Club." Both food clubs also offer nutrition and cooking classes, and the Lakeshore Food Club offers additional classes focusing on gardening, healthy eating, and exercise.

In order to promote the intake of fruits and vegetables even more, the Lakeshore Food Club and True North Community Services have initiatives called Grow a Row and Plant a Row for Hunger where community members can donate their garden's surplus, which will be given to their food insecure neighbors. Additionally, some pantries have begun offering a community garden or growing food onsite that goes directly into their pantry.

Through these combined efforts, the health of our food insecure neighbors is in good hands. It is inspiring to see so many of Feeding America West Michigan's partner agencies fighting for the well-being of their clients.

For more information about the programs and resources mentioned, visit feedwm.org/fightingforhealth.

Meet a Food Banker

NANCY ULLREY,
Network Development Manager

Q: How long have you worked for Feeding America West Michigan and what is your role here?

A: It will be 18 years in September. I am currently the Network Development Manager. I was previously the Agency Relations Manager and I'm also the Food Safety Officer.

Q: What is your professional background?

A: I am a Registered Dietitian and have been since right out of college. I went from teaching in a medical hospital, to being a stay-at-home mom, to consulting with people that live in residential homes. Then I worked as an Extension Home Economist on the Waste Not, Want Not program. I knew 100 of the agencies when I began my employment at Feeding America West Michigan because I worked on that project. I fell in love with the food bank the first day I was here.

Q: What inspired you to become a Registered Dietitian?

A: I knew I wanted something in the medical field but I was also very interested in food. So it was a combination of medicine and food. I'm a scratch cook, and I've always been interested in food. It was just a good fit for me. A good fit for my interests.

Q: In your opinion, what is Feeding America West Michigan's role when it comes to health and nutrition?

A: I'm thrilled that we're getting on the nutrition bandwagon and looking at what we're serving and trying to make a difference. I think everything that we do is a step in the right direction. We're looking at how to get the most good, the most benefit, to the population we serve, so I love the fact that we're looking at the way we do things and saying 'here's a novel idea.'



Q: What's something that you enjoy doing in your free time?

A: I'm a strong Christian and I do a bible study every day before I come to work. Another thing people don't know is that I make people rugs in my spare time, and while I'm making them I really am thinking about that person, praying for that person, believing in that person. It really is a labor of love.

Q: After you retire this December, what do you hope your legacy at the food bank will be?

A: How to exit gracefully. This place is like my second home. I'm really proud of the fact that we've never been cited for making anyone ill. We've never failed an inspection. We've always done a great job.

Q: What do you like the most about your work?

A: How could you not love this? It's win-win. It's food that gets saved from landfills, and people that need food assistance get it for free. I loved this concept, and I still love this concept. It's one of the reasons I'm still here. I'm still feeding people, and even when I don't work here I'll still be feeding people. I was a food bank volunteer and financial contributor before I worked here, and I'll continue to be a supporter.

I think I'm a food banker for life.



Hops Against Hunger 2018

Hops Against Hunger, a year-long event founded in 2016 by Feeding America West Michigan, has once again spread the word about hunger in our region this Hunger Action Month.

The campaign unites the state's breweries and beer aficionados with Feeding America West Michigan and six other regional food banks to achieve one goal: spreading awareness about food insecurity in West Michigan and the Upper Peninsula, and raising funds to bring more food than ever to those communities. With more than 40 breweries, beer bars, and restaurants from metro Detroit to Marquette participating in 2017, we are hoping to gain even more traction and awareness in 2018.

Each participating venue will join in the action by donating proceeds from special one-off events or month-long promotions to the Feeding America-member food bank serving their community during Hunger Action

Month, which runs from September 1 – September 30. Participating venues will include some of the longtime members of Michigan's craft beer scene, like New Holland Brewing Company, HopCat and Harmony Brewing, along with newcomers to Hops Against Hunger such as Elk Brewing and City Built Brewery.

Reflecting on the 2017 event, Sean Little, the campaign's organizer, said "We were all blown away by how much participation we saw last year. We couldn't have imagined a better community to start this legacy. To tap into this craft beer community and to get them excited about rallying around our mission is just amazing. It's more than we could have hoped for," Little continued.

The brewery partners around the state are equally enthusiastic. Last year, as a new partner, Creston Brewery stepped in to fill plates in their community in Grand Rapids. "We believe that it is a team effort to help neighborhoods and cities flourish, so we take a personal stance on what we can do to make a positive impact so that other breweries will follow suit," said Brianne Ross, Creston's taproom manager.

With 1 in 8 neighbors in the 40 counties Feeding America West Michigan serves

at risk for hunger, Feeding America West Michigan is fortunate and continuously grateful for the compassion and collaboration from community partner across the state.

If you are interested in joining in on the Hops Against Hunger festivities during the remaining days of Hunger Action Month, you can find out more information and check out upcoming events at HopsAgainstHungerMI.org.





September is Hunger Action Month!

Help your neighbors in need by getting involved with Feeding America West Michigan.



\$1 = 4 MEALS

Donations are put directly into the hands of families in West Michigan and the Upper Peninsula!



ADVOCATE

Have a way with words? Help spread our mission by letting people in your community know about our services, or contact your local lawmakers to advocate on behalf of life-saving hunger relief legislature!



1 VOLUNTEER HOUR = 200 MEALS

Repack food in our warehouse, glean produce at a local farm, or volunteer to assist setup, distribution, and tear down at a local mobile pantry.



89,700

Number of hungry children in Feeding America West Michigan's service area.



MOLLY KOOI, Communications Specialist

Find her stories on pages 2, 3 and 5.



LAUREN SPANGLER, Communications Manager

Find her stories on pages 4, 6 and 7.



864 West River Center Drive NE
Comstock Park, MI 49321
616.784.3250
FeedWM.org

We gather and distribute food to relieve hunger and improve food security in West Michigan and the Upper Peninsula. By working with more than 900 local hunger-relief agencies, we are able to serve half a million people in need each year.

Call us at 616.784.3250 or learn more at FeedWM.org.

Feeding America West Michigan is a member of Feeding America, The United Way, and The Food Bank Council of Michigan.



You Can Feed West Michigan

To give online please visit us at FeedWM.org

