



**When neighbors are fed,
futures are nourished.**

1 in 8 mid-Michigan neighbors experience food insecurity.

In a year of unprecedented inflation and rising food costs, GLFB has seen a 35 percent increase in the number of neighbors seeking support to keep food on the table.

In partnership with Feeding America food banks nationwide, Greater Lansing Food Bank honors Hunger Action Month every September to help spread awareness and inspire everyone to join the movement to end hunger — because everyone has a seat at the table when it comes to combating food insecurity.

What is food insecurity?

[According to the USDA](#), food insecurity is defined as “having inadequate resources to acquire enough food for a healthy, active life.” Food insecurity is measured over a specified timeframe (typically 12 months).

While food insecurity and hunger are closely related, they are distinct concepts. Hunger is a common effect of food insecurity, and refers to a personal, physical sensation of discomfort.

How can I help?

There are many ways to join the movement to end hunger. Every action, big or small, is one step closer to an America — and mid-Michigan — where no one is hungry.

Turn orange!

Orange is the official color of hunger relief. Throughout the month, wear orange when you're out and about—make sure to tag GLFB on [Facebook](#), [Instagram](#), [Twitter](#) or [LinkedIn](#) and use the hashtags [#HungerActionMonth](#) and [#TheFull Effect](#).

Donate

Every \$1 donated provides up to three meals for a neighbor in need. Consider joining our Sustainers Circle by making your donation recurring each month and provide relief for neighbors experiencing food insecurity year-round, or amplify the impact of your gift by seeing if your employer offers a donation match.

Volunteer

Visit the [volunteer portal](#) on our website to find a mobile food pantry near you to help distribute food directly to neighbors or find a shift to help sort food in the GLFB warehouse.

Use your voice

Congress is preparing to vote on two key pieces of legislation that will have lasting effects on the state of federal food assistance — the 2023 reauthorization of the Farm Bill and the newly proposed Farmers Feeding America Act. Learn more about the [Farm Bill](#) here and find your representative [here](#) to make your voice heard in support of hunger relief.

Host a food drive

Host a food drive at your workplace, place of worship or other community location. Find information on how to host a food or fund drive on [our website](#).

Grow & Give your extra produce

If you're a home gardener with more produce than you know what to do with, consider donating your surplus to a local food pantry! Many pantries are thrilled to accept home-grown produce this time of year. Find one near you on our Garden Project's [Grow & Give page](#).

**Your voice, your actions and your commitment are critical
in the movement to end hunger.**

Find your seat at the table and get involved today!