

Feeding Hope News



SEPTEMBER IS HUNGER ACTION MONTH!

ALSO INSIDE:

10th Annual Race to
End Hunger

Spotlight on our new
Volunteer / Program
Coordinator

Farm Day In Town

Hunger Action
Calendar



We can end hunger
one helping at a time.

September 9, 2019

Dear Friends,

It is just the beginning of September, but there is a bit of a chill in the morning air! I am sure we still have much warmer days ahead before the fall season takes its place. However, school has resumed, the fairs are over and Hunger Action Month is underway!

To keep Hunger Awareness in the forefront, our newsletter is supplying you with a full month's calendar with tips on how you can be a part of ending hunger in Mercer County. Hopefully you will place this in a prominent place in your home (refrigerator seems to be the best!), pick one or more days' tips that particularly speak to your heart and then -- make it happen! We will be very thankful and most importantly, you will be doing a great service for your community! GO ORANGE!

This year is the 10th Anniversary of our "Race To End Hunger" 5K run/2M walk on September 14th at Linden Pointe at 9:00 am. Those who cross the finish- line (runners and walkers) are eligible to win a \$1,000 prize! We have raised a total of \$235,963 over the past 9 years! We would be glad to have you come out and join us as we work together to Starve Hunger – Feed Hope!

Thank you to all our donors, volunteers and supporters! You mean the world to us!

Blessings,
Lori Weston
Executive Director



LORI WESTON
EXECUTIVE DIRECTOR

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SEPTEMBER 14

RACE TO END HUNGER

5K RACE & 2 MILE WALK



10TH ANNIVERSARY!

RACE BEGINS AT
9:00 AM

KID'S FUN RUN
BEGINS AT 8:30 AM

10TH ANNIVERSARY
RIBBON CUTTING AT
8:45 AM

CROSS THE FINISH
LINE AND BE
ENTERED FOR A
CHANCE TO WIN
\$1,000!

SPONSORSHIPS
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COMMUNITY FOOD
WAREHOUSE OF
MERCER COUNTY

109 S. Sharpsville Ave., Suite A
Sharon, PA 16146

Foodwarehouse.org

Saturday, September
14th 9:00 am

Thanks to our 2019 Sponsors

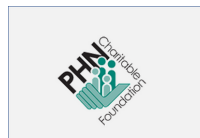
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Spotlight:

Our New Volunteer / Program Coordinator, Sarah Worthington



Sarah Worthington comes to us from Valley Voices Magazine, the regional lifestyle magazine that is part of The Herald in Sharon, PA. After spending more than six years with the magazine, Sarah decided it was time for a real change in her life. "I've always had a heart for service but between my full time job and raising my young family, my time has been pretty limited. I am so excited to be part of the CFWMC team and feel fortunate to now have a job where my work has a very direct and meaningful impact on people's lives" she said.

Beginning July 23rd, Sarah jumped right in and hit the ground running here at the Community Food Warehouse. Sarah will be overseeing our MilitaryShare Program and Harvest Helpings Program and will also be connecting our volunteers to opportunities to serve with the CFWMC. She will be updating our website content and managing our social media presence. If you don't already, be sure to follow us on Instagram, Facebook and Twitter and like, share and retweet to help spread the word about the important programs we offer here at the Food Warehouse!

Sarah lives in New Wilmington with her husband and two sons. She is usually running her boys to soccer practice or games, trying to stay caught up on the never ending piles of laundry and trying to steal a few minutes to read whatever book she can get her hands on.

Welcome, Sarah!

Farm Day in Town

Farm Day in Town is a fun-filled educational field trip for over 700 first graders from local area schools throughout Mercer County. The goal of this event is to provide agricultural education to young children who otherwise might not have the opportunity to learn where their food comes from and to teach them about healthy food choices. Farm Day in Town is a partnership with local area dairy and vegetable farmers, Penn State Cooperative Extension and PA Friends of Ag Foundation and many dedicated volunteers. Children experience the PA Mobile Agricultural Science Lab as well as various farm-fun “zones” including: Fresh Veggies Zone, Grains Zone, Dairy Zone, Apple Zone, Planting Zone, Healthy Food Choices Zone and pictures with Myron, our hunger awareness mascot! This year Pennsylvania Secretary of Agriculture Russel Redding will be joining us on opening day of Farm Day in Town on September 30th.



September is Hunger Action Month!

Starve Hunger ~ Feed Hope

Hunger Action Month is the Feeding America network's nationwide awareness campaign designed to mobilize the public to take action on the issue of hunger. The campaign brings attention to the reality of food insecurity in the United States and promotes ways for individuals, groups, clubs and businesses to get involved in the movement to help end hunger.

Hunger advocates from Mercer County, along with advocates from across the country, are working together to shine a light on the issue of hunger and especially on the approximately 13% or 16,000 fellow Mercer County residents who are food insecure. Hunger is an issue that affects everyone-- our child's classmate, an office co-worker or a neighbor down the street. September is an opportunity for all hunger-relief advocates to take simple steps towards supporting those in need right here in our own backyard.

One big way for us to promote support is by the Hunger Action Month Calendar. You can help us Starve Hunger ~ Feed Hope, especially during this month. Each day suggests a small thing that individuals or groups can do, from advocating and raising awareness to making donations or giving your time and energy to help fight hunger during this month. There are also listings of events and support already pledged by businesses and organizations. Find the calendar on the last page of this month's newsletter.

The "Go Orange" concept is part of the month's events. We are asking for individuals and groups to "Go Orange" by wearing orange sometime during the month and post and share your selfies on social media and encourage friends to do the same to call out hunger.

Be sure to visit us at foodwarehouse.org or follow us on Facebook @CommunityFoodWarehouse and Instagram @communityfoodmc for suggestions on how you can get involved today!

The Community Food Warehouse is putting out a challenge to new, as well as past, supporters to take action during September Hunger Action Month, that together, we can...

Starve Hunger ~ Feed Hope in Mercer County



Hunger Action Calendar











Keep this somewhere handy for quick and easy reference!

Get your Bob Evans and Chipotle flyers on the next page. See September 23rd, 24th and 28th for details.

HUNGER ACTION MONTH September 2019

hungeractionmonth.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Donate an item a day to the CFWMC in honor of Hunger Action Month!**	2 Labor Day Ask family & friends to bring a non-perishable food item to your cookout to donate to the food bank.	3 Like us on Facebook to find out what we're doing all month long! 	4 Post this calendar on the office fridge. 	5 Sign up your team for our 10th annual Race to End Hunger 5K Run and 2 Mile Walk on September 14th! Sign up: runsignup.com	6 Follow us on Twitter and Instagram: communityfoodmc  	7 Update your profile picture with the Hunger Action Month frame.
8 Grandparent's Day! Send a donation to the food bank in their honor.	9 Organize an office or school penny war and donate the proceeds to the CFWMC!	10 Make coffee at home and donate what you would spend to the food bank. 	11 9/11 Day of Remembrance Organize a brownbag lunch with co-workers and donate your lunch money to the Community Food Warehouse of Mercer County.	12 Hunger Action Day! Wear orange to show your support for the CFWMC!	13 Jeans Day! Ask your co-workers to make a donation to the CFWMC so they can wear jeans today.	14 Run or Walk in the our 10th annual Race to End Hunger 5K Run and 2 Mile Walk! 
15 Hold a potluck after church and ask everyone to donate an item to the CFWMC!	16 Find out more about volunteering at the food bank by visiting foodwarehouse.org .	17 Organize a Tuna Tuesday Food Drive** 	18 Share one of our posts about Hunger Action Month. Use hashtag #HungerActionMonth and tag @FeedingAmerica.	19 Ask your employer to match donations from every employee to the CFWMC! 	20 Visit @communityfoodwarehouse on Facebook and create your own fundraiser!	21 View poverty statistics for your county at Map the Meal Gap: feedingamerica.org/mapthegap
22 Save the date for Empty Bowls! April, 9, 2020	23 Eat at Bob Evans today and tomorrow and 15% of your check will be donated to the CFWMC! **Flyer must be presented. Visit our website to print flyer.	24 Eat at Bob Evans today and 15% of your check will be donated to the CFWMC! **Flyer must be presented. Visit our website to print flyer.	25 Selfie Day! Wear something orange and take a selfie with friends. Don't forget to tag us!	26 Visit our website to subscribe to the CFWMC newsletter. 	27 Grab the special orange milkshake at Donna's Diner! 	28 Eat at Chipotle from 4:00-8:00 pm and 1/3 of your check will be donated to the CFWMC! **Flyer must be presented. Find the flyer on our website.
29 Donate the 30 non-perishable items you've been collecting throughout the month to CFWMC tomorrow!	30 Farm Day In Town field trip for area first-graders. PA Secretary of Agriculture Russell Redding will be visiting to help kick off Farm Day!	1	2	3	4 *Bob Evans and Chipotle locations in Hermitage only.	5 **For more information please visit our website foodwarehouse.org
		MEMBER OF FEEDING AMERICA 	Community Food Warehouse of Mercer County 109 S. Sharpville Avenue, Suite A Sharon, PA 16146			Starve Hunger ~ Feed Hope

EAT FOR CHANGE



Make dinner a selfless act by joining us for a fundraiser to support Community Food Warehouse Of Mercer County. Come in to the Chipotle at **125 North Hermitage Road** in Hermitage on **Saturday, September 28th** between **4:00pm** and **8:00pm**.

Bring in this flyer, show it on your smartphone or tell the cashier you're supporting the cause to make sure that 33% of the proceeds will be donated to Community Food Warehouse Of Mercer County.



Online orders will not be included in the fundraiser total. To ensure your purchase is counted in the fundraiser, be sure to order and pay in-restaurant. Gift card purchases during fundraisers do not count towards total donated sales, but purchases made with an existing gift card will count.

Bob Evans®
RESTAURANTS

COMMUNITY FUNDRAISER

Dine to make a difference

**Community Food Warehouse
of Mercer County**

Monday, September 23, 2019

Tuesday, September 24, 2019

9:00a.m. - 8:00p.m.

Bob Evans will donate 15% of your check*
when you present this flyer during checkout
at this location:

**BE #493: 115 S. Hermitage Road,
Mercer, PA 16148**

**Flyer must be presented at time of checkout.*

COMMUNITY



FOOD WAREHOUSE

OF MERCER COUNTY