



Tuesday's Tip

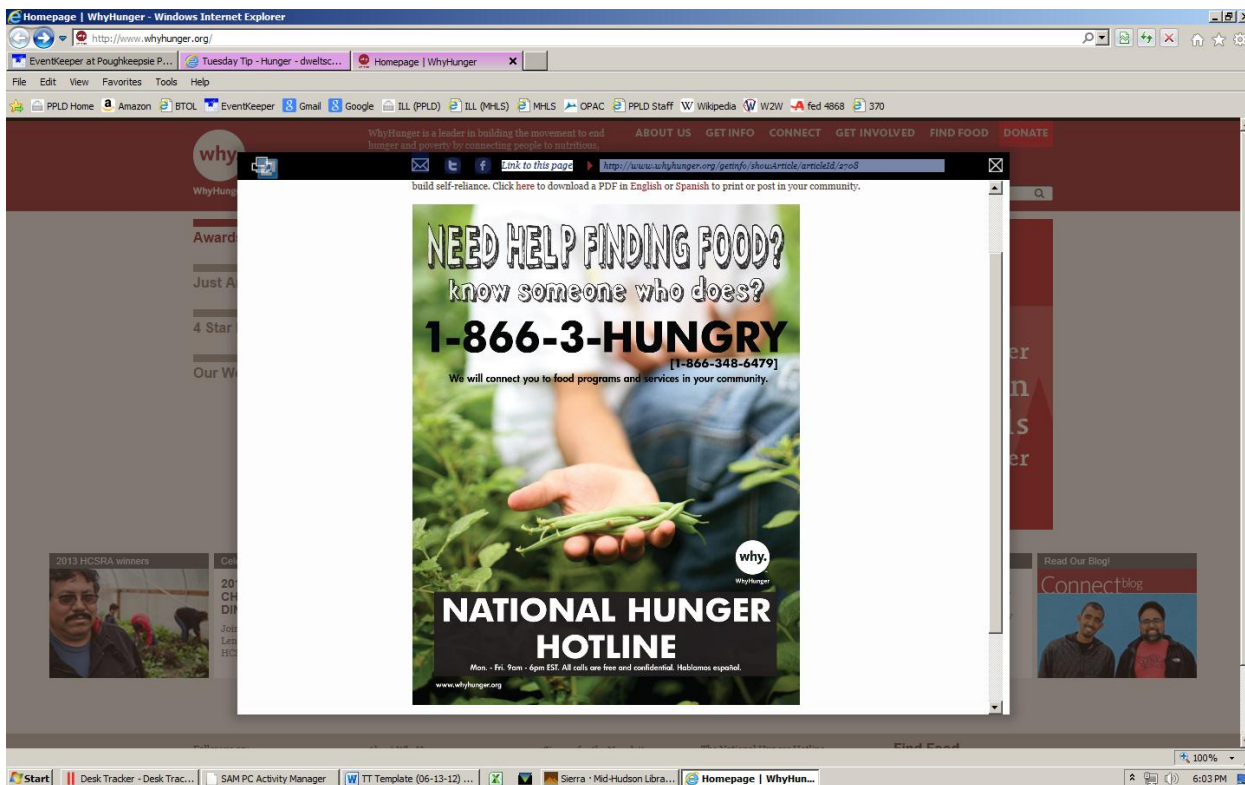
information provided by Adriance Memorial Library to make your life a little bit easier

Why Hunger? Food Resources

April 30, 2013

As the beautiful green shoots of plants come to life once again, and gardens get underway, there is an organization that helps put people experiencing food insecurity in touch with resources for nutritious food in their communities.

A USDA "Food Security" report released in late 2012 showed that almost 15% of American families were food insecure for at least part of the year, meaning they did not have "access at all times to enough food for an active, healthy life for all household members" (USDA maintains the School Lunch Program and the Food Stamp Program). Supplementing these existing programs, [Why Hunger](http://www.whyhunger.org) is a nonprofit organization that maintains a clearinghouse of information on food pantries, soup kitchens, and community garden programs that have fresh produce for the hungry, and provides support for community gardens and local farms in providing fresh, healthy produce for those in need.



Now, go plant a garden—and share those 'extras' (like the 1,000 zucchini that all come at once!) with a neighbor.