



### **Food Bank 'Speaks Out Against Hunger'**

August 13, 2012 - September is Hunger Action Month and the Food Bank of Contra Costa and Solano Counties are joining forces to "Speak Out Against Hunger."

"Nearly 49 million people in America who struggle with hunger often do so in silence," says CC Food Bank's Lisa Sherrill.

In Contra Costa and Solano counties alone, one in six struggles with hunger. "They are our neighbors," Sherrill says. "They live in our communities; they are our neighbors, our co-workers and our friends, yet their struggles can go unheard."

"Throughout the September campaign, the Food Bank will call on you to lend your voice," she said, listing just a few ways to speak out:

Like the Food Bank on facebook ([www.fb.com/foodbankccs](http://www.fb.com/foodbankccs)). Share information about Hunger Action Month.

Go Orange on Sept.6 and every Thursday in September. Wear orange or hang a Hunger Action Month banner or poster in your business.

Get involved by downloading the Food Bank's "30 Ways in 30 Days" calendar, to find daily ways to make a difference. The calendar will be available late August.

To learn more about the Food Bank and Hunger Action Month, visit [www.foodbankccs.org](http://www.foodbankccs.org).