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Feeding America West Michigan highlights community solutions during Hunger Action Month 2015



Comstock Park, Michigan — Sept. 1, 2015 — First the bad news: Hunger continues to threaten [49 million Americans](#), including 1 in 7 people in West Michigan and the Upper Peninsula. Now the good news: There's something you can do about it.

[Feeding America West Michigan Food Bank](#) hopes to draw attention to both the persistent problem of hunger and the steps we can all take to solve it during [Hunger Action Month 2015](#).

"Hunger is a problem that shouldn't exist — it's that simple," said Feeding America West Michigan CEO Ken Estelle. "There's more than enough food to go around. We just need to get it to those in need, and the community has a big role in that."

Throughout the month of September, Feeding America West Michigan will join food banks across the country in presenting quick and simple ways for people to become part of the solution to local hunger. Those "Hunger Action Challenges" include volunteering an hour of time, donating \$5 and sharing a #SolveHungerSelfie on social media.

In all, Feeding America West Michigan is presenting six Hunger Action Challenges this September:

Give: Donate \$5 to provide 20 meals in West Michigan and the Upper Peninsula.

Ride: Walk or bike for Feeding America West Michigan at the Ride For Refuge, Oct. 3.

Serve: Volunteer one hour at the Food Bank to provide as many as 150 meals.

Post: Raise awareness by sharing a #SolveHungerSelfie on Facebook, Twitter or Instagram.

Drink: Raise a glass for the Food Bank at New Holland Brewing Company's Rocktoberfest, Sept. 29.

Wear: Buy Feeding America West Michigan apparel from Hold On To Hope, and 25 percent of the purchase price supports hunger relief.

"The goal is to make hunger relief accessible to people who may never have set foot in the Food Bank before," Estelle said. "We truly believe our community has the ability to provide enough food to everyone, but it's going to take a community effort."

To find out more about Hunger Action Month, visit FeedingAmericaWestMichigan.org.

About Feeding America West Michigan Food Bank. Serving local families in need since 1981, Feeding America West Michigan Food Bank reclaims safe surplus food from farmers, manufacturers, distributors and retailers. We distribute that food through a network of more than 1,100 food pantries, youth programs, and other hunger-relief agencies in 40 counties from the Indiana border through the Upper Peninsula. Each year, an estimated 492,100 people receive food from Feeding America West Michigan. For more information, visit FeedingAmericaWestMichigan.org.