



Foodbank of Southeastern Virginia and the Eastern Shore Observe Hunger Action Month

(Hampton Roads, Virginia - September 14, 2020) - September is **Hunger Action Month** – a month where people all over the country stand together with Feeding America and the nationwide network of food banks to fight hunger. **The Foodbank of Southeastern Virginia and the Eastern Shore challenges all of us to learn more about the issue of food insecurity in our community and to take action by spreading awareness to help eliminate hunger.** Each week, the Food Bank will email interested individuals materials to help deepen the understanding of food insecurity and its root causes and consequences.

This week, the root cause focus is on housing. Before COVID-19, many of our neighbors were faced with difficult choices like making a rent or mortgage payment or buying food. For our neighbors of color, before COVID-19, African-Americans were two and half times as likely and Latino individuals were twice as likely to live in food-insecure households as White individuals. These disparities have been exacerbated by the pandemic. For individuals and families struggling financially, choosing between keeping a roof over their heads and filling the fridge often means families go hungry. The Foodbank focuses on targeting our resources toward communities disproportionately impacted by food insecurity, poverty, and lack of access to fresh, affordable foods.

In 2018, the Foodbank conducted extensive mapping to identify communities with high rates of food insecurity and low access to grocery stores. On top of these maps, we layered information about our partners and programs in each community. Before, during and after the pandemic, we will continue to focus on communities with the greatest need to ensure that all families can have access to healthy, nutritious foods.

Check out the various resources from the Food Bank to learn more about the connections between food insecurity and housing. More resources are available on the Food Bank's website at <https://foodbankonline.org/>. To sign up for the Food Bank's weekly newsletter, click on the link to subscribe orfdevelopment@foodbankonline.org.

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