Cause of the Week: **Food & Nutrition**

### (*Use this article to promote the cause of the week in newsletters, publications, and intranet sites.*)

The CFC cause of the week is Food & Nutrition. So much of our overall health is based on food and nutrition. Across the nation and around the world, lack of access to healthy food results in malnutrition, heart disease, obesity, diabetes, and many other issues. Recent rising grocery costs have exacerbated these issues. CFC charities work to address food deserts, bridge the gaps in supply chains, ensure clean drinking water, provide nutritional counseling, teach effective farming techniques, and enhance overall food security.

Here is just one example of how a CFC-participating charity provided food for a family in need:

A few years ago, Robert and his wife Kimberly became guardians for all six of their grandchildren.  And then right before the pandemic, Kimberly passed away.

Feeding six children three meals a day is a challenge no matter what. But the rising cost of groceries and school cafeterias closing for the summer left this family in a bad spot. Robert’s income from his job as a cook and maintenance worker at a senior care facility could not cover the cost of feeding his family.

Luckily, he found help through a CFC-participating charity’s summer meals program.

“Summer meals help because I never worry about them eating,” says Robert. “Not being hungry allows my kids to enjoy life.”

Here are a few more examples of how CFC donations can help:

* Deliver nutritious meals to homebound individuals.
* Plant neighborhood gardens so communities have fresh vegetables.
* Train farmers using sustainable agriculture practices.

Visit GiveCFC.org today to learn more about the CFC and GIVE HAPPY.