Food & Nutrition

**Send on:**  Monday, SEP 25

**Topic**: Food & Nutrition

**Subject line**: What are you having for lunch today?

**Body**:

*This week’s CFC Cause of the Week is Food & Nutrition.*

**What are you having for lunch today?**

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 man 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.”

**Make sure families don’t have to worry about what’s for lunch.** [Donate today](https://cfcgiving.opm.gov/welcome)**.**

Learn more about [Food & Nutrition](https://givecfc.org/food) and visit the [Virtual Charity Fair](https://givecfc.org/virtual-charity-fair?field_charity_name_value=&field_cfc_number_value=&field_cause_of_the_week_target_id%5B%5D=102&field_charitytype_target_id=All).

Thanks to you, the CFC is off to a great start. Thousands of Federal employees have already pledged. Thank you for your generosity and willingness to GIVE HAPPY to those who need it most through the CFC.