GIVE NOURISHMENT: **Food & Nutrition**

**(*Use this article to promote this cause area in newsletters, publications, and intranet sites.*)**

According to the Dietary Guidelines published by the U.S. government, “The foods and beverages that people consume have a profound impact on their health.” And “following a healthy dietary pattern can help people achieve and maintain good health and reduce the risk of chronic disease.” Unfortunately, this advice, which sounds so simple, is nearly impossible for many to achieve.

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-participating 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 are a few examples of how when you GIVE HAPPY through the CFC, you can GIVE NOURISHMENT through charities working in the food & nutrition welfare cause area:**

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

Learn more and GIVE HAPPY today at GiveCFC.org.