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****Maryland Food Bank Hunger Brief****

Join the Maryland Food Bank's Statewide Effort to Take Action Throughout September

BALTIMORE – September is nationally known as Hunger Action Month, an annual month-long campaign that brings attention to the reality of food insecurity and its root causes while promoting ways for individuals to get involved in the movement to help end hunger.

This month, the Maryland Food Bank (MFB) aims to inspire Marylanders statewide to take action and shine a spotlight on this issue, which is more prevalent than ever due to inflation and rising costs of food. In fact, MFB's most recent research report—[“Food Insecurity in Maryland \(PDF\)”](#)—illustrates how current hardship indicators act as barriers to food security and continue to keep Maryland's individuals and families from achieving economic stability.

To kickoff Hunger Action Month, the food bank will bring together some of the brightest minds in the anti-hunger movement for the **2022 Hunger Action Symposium: Causing Change** on Wednesday, September 7, 2022. The conference will explore the causes and challenges surrounding food insecurity, while workshopping innovative solutions and practical tactics to end hunger. In addition, Outstanding Partner Awards will be presented during a lunchtime ceremony to recognize MFB community partners that have made exceptional contributions toward combating hunger around the state.

The Hunger Action Symposium is part of a series of efforts throughout September intended to encourage Marylanders to take action on behalf of their neighbors in need. Other ways to participate include the following:

- **Host a Virtual Food Drive:** This [easy-to-use online platform](#) allows you to convey your passion for fighting hunger while simultaneously raising funds. But don't stop there. Make sure to build momentum and funds by sharing it with your friends and family on social media. Speaking of social media...
- **Spread the word:** Share MFB's hunger-fighting [stories](#) and [videos](#) with your network, link out to MFB social media posts on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn](#), and challenge your followers to get involved too.
- **Advocate:** Educate yourself about the current [state of hunger](#) in Maryland, then [tell your elected officials](#) that you are concerned by the unprecedented levels of hunger in our state, and that you want more action taken to address it. Your voice can play a critical role in ensuring legislators in Annapolis keep food-insecure neighbors top of mind when making decisions that affect all Marylanders.
- **Take the pledge:** We all have a role to play in helping our food-insecure neighbors. Signing MFB's quick [online pledge](#) shows your commitment to helping end hunger in Maryland.
- **Volunteer:** We welcome individuals, groups, and families for a variety of tasks, including sorting and packing food, helping prepare meals in our on-site kitchen, and even gleaning fresh fruits and vegetables on Maryland farms. Check out all the different ways you can [volunteer](#).

Feeding hungry Marylanders who struggle to make ends meet while simultaneously building pathways out of hunger will continue to take a tremendous amount of resources. It takes money, it takes food, and it takes people. Hunger Action Month is here, and you can make a very real difference in the lives of your fellow Marylanders by taking action now.

About the Maryland Food Bank

The Maryland Food Bank (MFB) is a nonprofit hunger-relief organization dedicated to feeding people, strengthening communities, and ending hunger for more Marylanders. From March 2020 through the end of FY22, the food bank's statewide food assistance network distributed the equivalent of 100 million meals in response to the COVID-19 pandemic. MFB will continue to meet the immediate needs of vulnerable communities while collaborating with partners to provide resources beyond food and address root causes of hunger so that more Marylanders can become financially stable and thrive. To learn more about the Maryland Food Bank, visit www.mdfoodbank.org.

