



HUNGER HAPPENS HERE

www.fairfieldcounty211.org

H3 - Fairfield County Hunger Coalition

Hunger Coalition

Our Commitment:
Building a healthier
Fairfield County by
reducing HUNGER;
improving HEALTH;
and providing HOPE.

Contact Us

Jeannette Curtis

Email:

FCHungerCoalition@
gmail.com

Phone Number:

2-1-1

or

740-687-0500

Social Media

Facebook:

Fairfield County's
Hunger Alliance

Instagram:

@fairfieldhungeraction

Donations:

Online at

FairfieldCounty211.org

For More Info

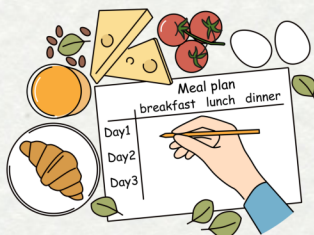
Call 2-1-1

FIGHTING FOOD INSECURITY LOCALLY

For low-income households relying on the Supplemental Nutrition Assistance Program (SNAP), meal prepping and planning can make a significant difference in both managing finances and maintaining a healthy diet. The new year offers a fresh opportunity to take charge of food expenses and prioritize nutrition without exceeding the monthly SNAP budget. By planning meals in advance, households can maximize their food dollars by purchasing staple items in bulk, using affordable vegetables and proteins, and minimizing food waste. Prepping meals ahead of time also helps reduce the temptation to buy expensive processed or take-out foods, which often lead to overspending.

Meal prepping is especially beneficial for those on a tight budget, as it allows for bulk cooking and creative use of ingredients. For example, using inexpensive items like rice, beans, and frozen vegetables can provide a variety of nutritious meals throughout the week. By cooking in large batches, families can divide portions into containers and store them for later use, ensuring that they have ready-to-eat meals throughout the week. This approach ensures that the limited funds available through SNAP are stretched further while still providing a diverse range of meals. Meal planning also allows families to purchase sales items or store brands that are often more affordable, reducing costs without compromising on quality.

Beyond saving money, meal prepping offers time savings and improved food security. With meals already prepared or ingredients pre-portioned, households can avoid the stress of daily meal decisions and last-minute grocery runs, which can often lead to overspending. Prepping meals can also help ensure that all family members receive the nutrients they need, especially when fresh produce and protein are thoughtfully incorporated into the plan. By embracing meal prepping and planning, low-income households on a SNAP budget can make the most of their resources, prioritize health, and make the new year a financially and nutritionally successful one.



(New Year)
(New Goals)



HUNGER HAPPENS HERE

H3 - Health

FEBRUARY IS AMERICAN HEART MONTH



Did You Know...

- Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups.
- One person dies every 33 seconds from cardiovascular disease
- In the United States, someone has a heart attack every 40 seconds
- Every year, about 805,000 people in the United States have a heart attack. Of these, 605,000 are a first heart attack, and 200,000 happen to be people who have already had a heart attack

For more info visit the American Heart Association at www.heart.org



H3 - Hope

HOW YOU CAN HELP:

Donate Time

- Serve at a free meal site
- Deliver for Meals On Wheels
- Volunteer at a food pantry

Donate Items

- Give needed items to a food pantry
- Drop off pet supplies to a local shelter
- Donate winter items to homeless shelters

Donate Money

- Drop off gift cards to your local fire house
- Sign up to supply dinner to LSS Homeless Shelter
- Donate to your favorite charity

YOUR COMMUNITY NEEDS YOUR HELP!