



# HUNGER HAPPENS HERE

[www.fairfieldcounty211.org](http://www.fairfieldcounty211.org)

## Hunger Committee



### Hunger Coalition

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

### Contact Us

Jennette 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](http://FairfieldCounty211.org)

For More Info

Call 2-1-1

## PANCAKE PALOOZA

While at a wedding in late September, I received a call from Connie Smith with OSU Extension. She said she had someone who wanted to donate a truck of pancake mix and wanted to know if the Hunger Coalition wanted it for a Hunger Action Month donation. I excitedly accepted the donation, dreaming of using the truckful of pancake mix to help fill the pantries for Hunger Action Month. In my mind, a “truck full” of pancake mix was a pickup truck or a box truck...it never crossed my mind that it would be a 53 foot long semi-trailer containing over 25,000 pounds of pancake mix and syrup. I quickly realized that I was not equipped to tackle this project on my own.

Through contacts within the Fairfield County Hunger Coalition, we were able to partner with The Lancaster Vineyard Food Pantry and Connexion West to find a location to park and unload a semi, forklifts, pallet jacks, trucks, and volunteers to help. In 4 hours, we distributed over 25 pallets of pancake mix and syrup. We supplied the mix to over 30 programs which included local food pantries, free meal sites, fire departments, schools, senior centers, parks and rec, churches, civic groups, and homeless shelters. We made new connections and learned of new programs within our community. This truly was a community effort to help feed our hungry neighbors throughout Fairfield County.

Hunger exists in our community and efforts like this pancake distribution help to address food insecurity in Fairfield County. Over 14,000 residents of Fairfield County are food insecure. That means they do not have access to enough food for an active, healthy life. You can help fight hunger in our community. Contact the Fairfield County Hunger Coalition to find out ways you can help your hungry neighbors.

Respectfully,

Jeannette Curtis

Executive Director

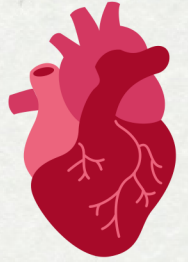
Fairfield County 2-1-1





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## Health Committee



### FEBRUARY IS HEART HEALTH MONTH

#### DID YOU KNOW...

- heart disease is the number one killer of men and women?
- it is preventable and controllable?
- this year alone, more than 920,000 Americans will have a heart attack?

#### Things YOU can do to **PREVENT** heart disease

- Get quality sleep
- Do not use tobacco products
- Eat heart healthy foods
- Take care of your teeth
- Aim for 30-60 minutes of activity per day
- Manage your stress
- Reduce alcohol consumption

**For more information on heart health visit:**

**<https://www.heart.org/en/>**



## Hope Committee



### COMMUNITY OUTREACH

Community outreach is a big part of what H3 is all about. Recently, H3 and 211 have been working to collect items for local shelters in our local area.

#### Essentials:

Body Wash  
2 in 1 Shampoo  
Tooth Brush/Paste  
Dental Floss  
Deodorant  
Personal Cleaning Wipes  
Feminine Hygiene Products  
Small First Aid Kit  
Mylar Blanket  
Refillable Water Bottle

#### Non-Essentials:

Flashlight with Batteries  
Trash Bags  
Elastic Hair Ties  
Combs  
Small Notebook  
Pen

#### Seasonal:

Hats  
Gloves  
Scarves  
Hand/Foot Warmers  
Lip Balm

**Donations can be dropped off at 2-1-1!**

# YOUR COMMUNITY NEEDS YOUR HELP!