



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

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

For More Info

Call 2-1-1

SPRING HAS SPRUNG!

Spring is such a beautiful time of year! Many daffodils have been blooming for a few weeks and tulips and other flowers are starting to pop out of the ground. It's a great time to start a walking fitness routine if the weather has been keeping you indoors. The sun will welcome your first step! The first day you can start with just take a quick ten-minute walk. Try to look around and see what flowers are starting to show up and look at the trees and notice any new growth for the spring! Make it a game where each time you go out on your walk notice a new bloom or growth. After you go on a few short ten- or so-minute walks try to extend to a new part of your neighborhood or a new trail around your community.

Fairfield County is so robust with many trails and parks to explore. Another great way to find some motivation is to try out a new park every week. This way you won't feel like you are making yourself exercise but you are enjoying the world around you. You can make a list on your phone or in a journal and see how many you can visit by the end of the summer. And if you look up and visit all the parks in Fairfield County you could even come up with a reward for yourself like a new pair of shoes so you can continue your fitness journey! And don't forget to celebrate your accomplishments! Share with a friend all that you are doing to encourage a healthy and active lifestyle!

Respectfully,

Andrea Spires

Program Officer

Fairfield County Foundation





HUNGER HAPPENS HERE

H3 - Health



ARPIL IS MOVE MORE MONTH

**National
Walking Day
Wednesday,
April 3rd
Get Out And
Explore!**

Research has shown that walking at a lively pace at least 150 minutes a week can help you:

- Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer.
- Improve your blood pressure, blood sugar and blood cholesterol levels.
- Improve your mental and emotional well-being and reduce risk of depression.
- Improve memory and reduce your risk of dementia.
- Prevent weight gain.

For more info visit The American Heart Association: <https://www.heart.org/en/>



H3 - Hope



COMMUNITY OUTREACH

In the summer of 2024, Lancaster Vineyard Church will implement a community survey and focus groups to gain more insight about food insecurity in our community. They aim to take a posture of listening to genuinely understand the experiences of individuals facing food insecurity and poverty. They also hope to learn of any stigma or stereotypes around poverty that exist in our community. The information gathered will be used to drive future projects including an awareness campaign that will combat misconceptions around poverty and give a voice to people who are facing these challenges. We hope this campaign will make space for our community to come together around these issues.

YOUR COMMUNITY NEEDS YOUR HELP!