



# Nickel-A-Meal Hunger Program!



**Thanks to you, our Presbytery typically raises more than \$100,000 a year to fight hunger through the Nickel-A-Meal Program!**

## Hunger Facts

- 1 in 4 children in NC are food insecure on a regular basis.
- 81% of NC households receiving food assistance do not know where their next meal is coming from.
- 36% of food pantries in NC have had to turn people away for a lack of food to give them.
- 76% of households receiving SNAP (formerly Food Stamps) benefits include a child, an elderly person or a disabled person.
- The average monthly SNAP benefit per person is \$133.85 or less than \$1.50 per person, per meal.

(info from mannafoodbank.org and ncfoodbanks.org)

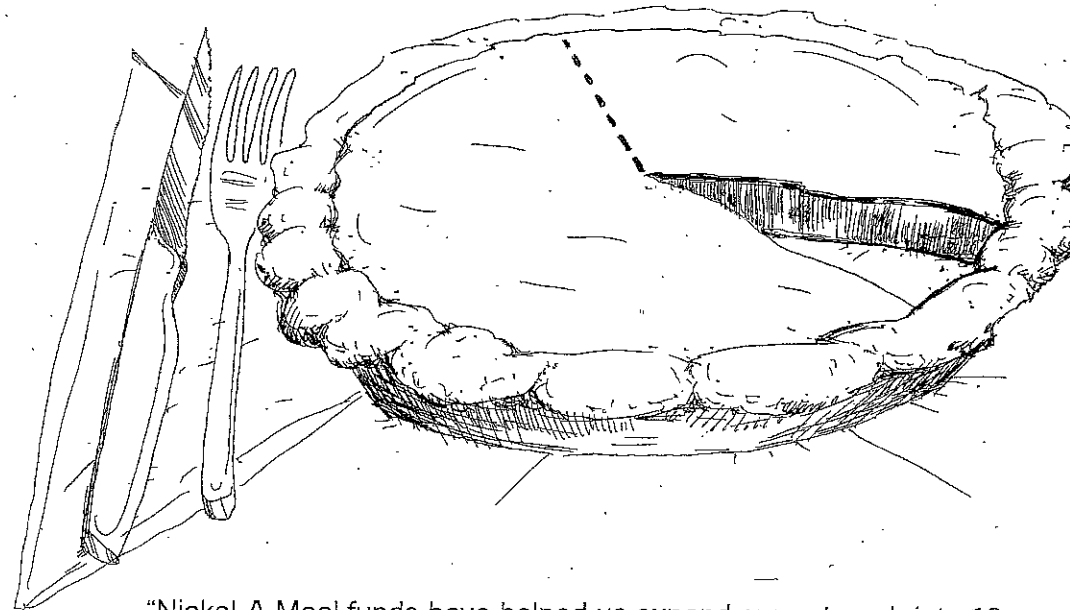


**This is how the money is spent:**

**55% of the funds are distributed to international projects.**

**40% of the funds stay here in WNC to feed your neighbors through regional projects.**

**5% is for education and administrative costs (with the unused portion being directed to regional projects).**



"Nickel-A-Meal funds have helped us expand our outreach into 18 counties in WNC! That means more people are being fed!"

—Loving Food Resources, Asheville, NC

## How you can help

- Support the Nickel-A-Meal Program by setting aside 5 cents every time you eat. Send that money to Presbytery so the Hunger Committee can distribute the funds to relief organizations locally and internationally!
- Take the SNAP Challenge! Can you eat on the average amount of food stamp support in your state for one week? More info: [www.presbyterianmission.org](http://www.presbyterianmission.org)
- Start a canned food drive for an organization in your community.
- Have you heard of a Little Free Library? How about building a Little Free Pantry at your church. [www.littlefreepantry.org](http://www.littlefreepantry.org)