

Hunger Never Takes a Vacation

In the United States, approximately 22 million children rely on free or reduced-priced meals during the school year, yet only 2.7 million access free meals in the summer when school is out. According to Feeding America's latest *Map the Meal Gap: Child Food Insecurity Estimates at County Levels*, the six (6) counties that make up the Diocese of Youngstown – **Ashtabula, Columbiana, Mahoning, Portage, Stark and Trumbull Counties** maintain a 15.7% child food insecurity rate, compared with 16.8% for the state of Ohio. This statistic means that more than one out of five children in **our six county service area** are experiencing hunger or are at risk for hunger right now.

What can you do to help children get the food their growing bodies need during the summer months? Try one of these suggestions:

1. Make a [donation](#) to the Catholic Charities Summer Hunger Campaign. Your name will be written on a paper plate and displayed on a virtual “Buffet Table” on a wall in our office. If you would rather send a check, write “Summer Hunger” in the memo line and mail it to: Catholic Charities, 144 West Wood Street, Youngstown, OH 44503. We will make sure all money collected will be used to fight hunger in your community.
2. Visit [Dollar Days](#) to view Catholic Charities' current wish list. You can select and purchase food products and have them shipped to Catholic Charities. You pay no tax and no shipping! Several nutritious, non-perishable, kid-friendly food items have recently been added to our wish list.
3. Catholic Charities' is also on Amazon Smile. The process is very simple. Simply go to www.smile.amazon.com and enter Catholic Charities as your charitable organization. The AmazonSmile Foundation will donate 0.5% of the purchase price from your eligible AmazonSmile purchases and we will donate that towards our Summer Hunger campaign.
4. Catholic Charities' agencies maintain on-site pantries to help client families with food at the time of their appointment. Sponsor a food drive at your church or workplace to help stock your local Catholic Charities pantry. Pasta and pasta sauce, for example, make a simple yet filling meal that can be eaten “as is” or enhanced with meat, seasonal vegetables, or bread. Other canned goods such as tuna, fruit, vegetables and peanut butter are great non-perishable pantry staples. Need more ideas? [Click here](#)
5. Pray for families in your community, in our country, and in our world who suffer from food insecurity and hunger on a daily basis. No person—let alone child—should go hungry when there are more than enough food resources to satisfy every person on the planet. [Click here for prayer resources.](#)
6. Purchase a [summer hunger bracelet](#) for you and a loved one!