



**For Immediate Release**

Media Contact: Kaitlyn Jackson  
Marketing & Communications Manager  
kjackson@feedingamericaky.org

**FAKH urges community to 'join the fight' for Hunger Action Month**

*Volunteer event scheduled in Elizabethtown on Sept. 23*

Elizabethtown, Ky. (September 1, 2022) – Throughout the month of September, Feeding America, Kentucky's Heartland (FAKH) will be joining Feeding America and its nationwide network of 200 food banks to raise awareness of hunger through Hunger Action Month.

"When difficult times hit, food can be the first thing people forgo to make ends meet," said Jamie Sizemore, FAKH executive director. "The unfortunate reality is that thousands of people in the FAKH service region are forced to choose between food and other crucial needs, like their utility bills, rent or medical expenses, on a regular basis."

On Friday, Sept. 23, food banks across Feeding America's nationwide network will participate in Hunger Action Day. As part of this day of action and awareness, FAKH is encouraging everyone to wear orange, the color of hunger relief.

"Orange is vibrant and draws attention. This is the attitude we want everyone to have when it comes to food insecurity, an issue that is often left in the dark," Sizemore said.

FAKH will also be hosting a day of volunteering and a presentation on Sept. 23 at their headquarters, located at 300 Peterson Drive in Elizabethtown. Volunteer opportunities will begin at 8:30 a.m., and a proclamation reading and presentation will take place from 11 a.m. to noon. Additional volunteer opportunities will be available after the presentation from noon to 4:30 p.m.

"The work FAKH does to alleviate hunger in our region would be impossible without the dedication of our volunteers," Sizemore said. FAKH also invites participants to join the conversation on Hunger Action Day by tagging them on social media and using the hashtags #HungerActionMonth and #EndHunger.

To learn about volunteer opportunities at FAKH or your local food bank and learn ways to donate to FAKH, visit <https://feedingamericaky.org>.

###

### **About Feeding America, Kentucky's Heartland**

At Feeding America, Kentucky's Heartland, our mission is to serve those in need by acquiring and distributing donated food, grocery items, and government commodities throughout almost 16,000 square miles of Kentucky. We serve 42 of Kentucky's counties through a network of more than 240 partner agencies. Since our establishment in 1982, we have distributed more than 300 million pounds of food and grocery items throughout central, south central, and western Kentucky – which equates to approximately 250 million meals. Our vision is that no one will go to bed hungry in our service area, and FAKH strives every day to make that vision a reality.