



## Perry County Food Bank

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*"If you want to eliminate hunger, everybody has to be involved." -- Bono*

For the month of July, we served 1,100 households and 2,647 individuals. All households and individuals were new in July because of the start of a new fiscal year. In August, our numbers were 1,171 households and 2,853 individuals.

September is Hunger Action Month. Everyone knows that feeling of an empty stomach. This feeling of running on empty is a reality for 48 million people in the U.S. Without that fuel and nutrition, people — kids especially — don't have the energy to focus, learn, grow, and ultimately, succeed. Think of the things that you can't do, or have trouble doing, on an empty stomach and then think of ways that we can work together to help solve the hunger problem in our county and country. Feel free to share those ideas with us and others during this Hunger Action Month.

It's September, the kids are back in school, and we are preparing to get our Backpack Program up and running for another school year. Flyers are going home with students during the first week of school explaining the program along with forms to sign up. For students who sign up at their elementary school, food will be going home over weekends and holidays. You can keep up with what is going on using their FaceBook page at <http://facebook.com/pecoBackPack/>. All elementary schools will be doing backpacks. Susquenita Elementary School is going to be doing their own program along the same lines as the program being run through the food bank in the rest of the elementary schools. This is a great program that ensures that students have food available over the weekend so that when they return to school they are not hungry and they are ready to learn instead of thinking of the cafeteria and the next opportunity to get some food.

Although our area didn't get a lot of rain this summer, our demonstration garden has done very well. We have harvested literally buckets of tomatoes, peppers, beans, squash, and zucchini in the past few weeks. The garden was conceived to show how our clients could grow large quantities of food in a very limited amount of space. Most of the plots are 4 foot by 4 foot and the Master Gardeners have shown how those small plots can be super-productive. We encourage fresh produce for our families and nothing is fresher than produce that is just picked from your own garden.

September kicks off the fall hunting season and we would like to remind deer hunters that any surplus meat can be donated to the food bank. Venison, as you can well imagine, is a very popular item with Perry County residents. It moves very quickly out of our frozen meat case when it is available. The Pennsylvania Game Commission will be continuing their "Hunters Sharing the Harvest" program again this year. Any deer that you want to donate can be taken whole to either Frog Sheaffer's Butcher shop outside of Duncannon or Seidel's Butcher Shop in Blain. Those shops will process the meat into ground venison and donate it in your name to the food bank. There is no cost to the hunter for processing the deer. The program is underwritten by major gifts from the natural gas industry, the PA Game Commission, major corporate sponsors, sportsmen's clubs and 1000s of individuals. This is a great way to help alleviate the hunger problems that some of our neighbors face in Perry County by providing healthy, high quality, low fat protein.

We have made it through the summer and now we are looking forward to the fall months. Soon we will be enjoying those cool, crisp days of autumn (sounds good as we write this in 90° weather!). Thank you for continuing to remember us and also our neighbors in need in Perry County.

Linda Bates & John Kiner  
Co-directors, Perry County Food Bank