



# FEAST & FAMINE

## In the land of plenty, many go without food

**I**f you're planning on spending Thanksgiving stuffing yourself with delicious food while surrounded by loved ones, consider yourself lucky. That's the scenario most people picture when thinking of the holiday, but it's not the reality for many. In 2020, according to



[feedingamerica.org](http://feedingamerica.org), more than 60 million Americans needed food banks or other programs in order to get a meal.

Feeding America is a nonprofit whose name succinctly describes its mission. Its website serves as a good source for information about the problem of hunger in our country, the organization's role in combatting it and ways people can get involved.

The organization is a network of 200 food banks all around the country. These are basically food warehouses that serve as distribution points for more localized food pantries. The site has a map pinpointing the location of all the regional food banks and a link that takes you to a second site, [ceopeoplehelpingpeople.org](http://ceopeoplehelpingpeople.org), that has a map of all the local food

pantries. The food bank in our area is the H&J Weinberg NE PA Regional Food Bank in Pittston. It distributes to pantries in Lackawanna, Luzerne, Susquehanna and Wyoming counties. Graphics on the Weinberg food bank page on the site indicate it distributes more than 13 million meals annually and that 1 in 8 people in our region face hunger, including 1 in 6 children.

There's a section on the site called Hunger in America that is full of information on all aspects of the issue. There are facts and figures detailing the scope of hunger. There are pages devoted to populations affected by hunger, such as different minorities, children, seniors or rural residents. Personal stories of individuals suffering from hunger are shared via videos. And there are stories about how hunger

impacts the nation as a whole: children under performing in school, lost productivity of workers or increased health issues from malnutrition.

One of the major purposes of the site is to get people involved in helping to solve the problem of hunger. There are numerous places on the site soliciting financial donations. Several options are offered for donating, including setting up a continuing donation or organizing fundraisers leveraging work or social connections. If you can't afford to give money, the site lists ways you can volunteer your time and effort to help get meals to hungry people. Another way to get involved is to advocate for government assistance in ending hunger. The website provides several options to help guide your lobbying efforts.

The last section is a collection of stories called Hunger Blogs. These are stories from around the nation detailing different challenges and solutions related to hunger. Topics include ethnic cookbooks, responding to hunger after natural disasters, college students struggling with hunger and more.

Feeding America is a very well-designed site. The typography and pages are visually unified, the color palette is nice, and the navigation is intuitive and logical. There are high-quality images, videos and graphics throughout the site.

If you are fortunate enough to be looking forward to a season of plenty, take some time to visit this site to learn of the struggle many face. And if you can, help them out.

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