



How Much Time Do You Have to Fight Hunger?

Take a stand for your community today



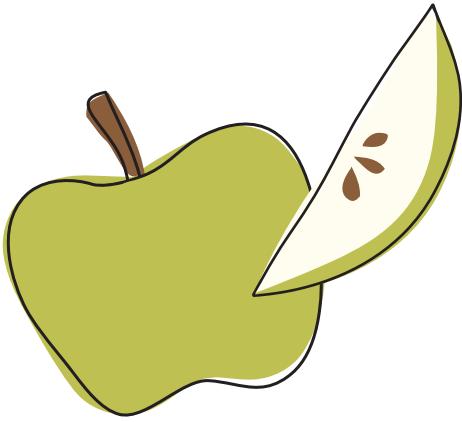
One Minute?
One Hour?
One Day?
One Week?
One Month?

10 minutes:

Post and distribute food assistance materials.

We'll send you free, multilingual materials to distribute and post at your agency, place of worship, school, or local business.

Contact **Melissa Sifuentes** (msifuentes@shfb.org) for more information.



One Hour:

Advocate for child nutrition legislation.

Nutritious meals power kids through the school day, and help them grow mentally, physically, and emotionally. Take a stand for kids' health and support the reauthorization of the Hunger-Free Kids Act of 2010, which is set to expire on September 30, 2015. This act authorizes all federal child nutrition programs.

Write an email, make a call, or visit your elected official to support reauthorizing the Hunger-Free Kids Act, which will ensure that more kids have access to wholesome food through their schools.

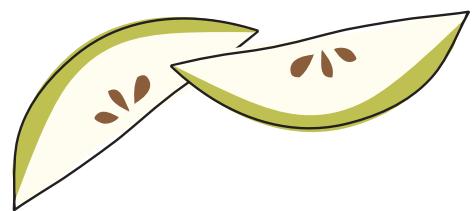
Contact **Cindy McCown** (cmccown@shfb.org) to coordinate efforts.

As Part of Your Daily Routine:

Screen clients for hunger and provide referrals to Second Harvest for food resources.

You know your clients best, and that includes knowing when they could benefit from some extra food. We'll provide you with Food Connection cards, and our specialists can connect your clients to the right food distribution program. Let's meet your clients nutritional needs together!

Contact **Anna Dyer** (adyer@shfb.org) for more information.



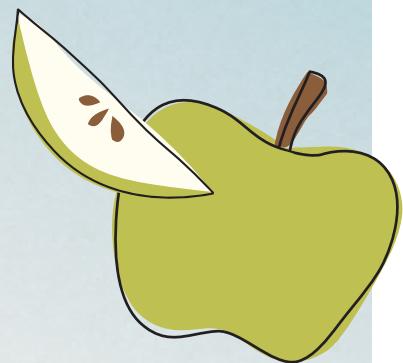


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For Health Care Providers:

You're looking out for your patients' health—and access to nutritious food can be a major part of that. Help identify and support the nutritional needs of your vulnerable patients.



10 minutes:

Promote CalFresh and other food resources at your health care clinic.

Display multilingual CalFresh and other food-assistance materials in your waiting room, or have them on-hand in case one or more of these programs would benefit your patient.

Contact Anna Dyer (adyer@shfb.org) for a starter packet.

Every Day:

Screen patients for hunger, then refer those who need food assistance to Second Harvest.

A few simple questions can start a conversation about resources to prevent your patients from skipping meals or choosing unhealthy foods. We'll provide Food Resource Prescription Pads to help your patients take the next step.

Contact Anna Dyer (adyer@shfb.org) for a starter packet.

Several months:

Explore launching an onsite "food pharmacy" pilot.

Collaborate with Second Harvest to host a "food pharmacy" in your hospital or clinic.

Contact Cindy McCown (cmccown@shfb.org) about partnering on this innovative idea!

SHFB.org



CYPRESS CENTER
4001 North First Street
San Jose, CA 95134
408-266-8866

CURTNER CENTER
750 Curtner Avenue
San Jose, CA 95125
408-266-8866

BING CENTER
1051 Bing Street
San Carlos, CA 94070
650-610-0800

NEED FOOD? 1-800-984-3663 / WANT TO DONATE? 1-866-234-3663