



Arizona
Food Bank
Network

867,162 Arizonans rely on
SNAP benefits.

The Arizona Food Bank Network (AzFBN) is
a coalition of **5 regional food banks** and
almost **1,000 food pantries** and agencies,
working to address hunger in Arizona.

Together, our network feeds almost
one million people each year in all
15 counties in Arizona.



Find Help or Lend Help

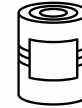
Visit **azfoodbanks.org** or call the Hunger
Hotline at **(602) 528-3434** for more.



Here's how you can help:



Donate funds to AzFBN, food banks, and smaller food pantries. Funds donated typically go further (dollar for dollar) than food donations do, but ask the organization you want to support what they need.



Start a small "give or get" pantry in your area. Think about things like easy access, weather and animal/insect-proofing, and monitoring for trash and safety. **Community response brings us together.** Even small offerings help.



Call your federal lawmakers in the House and Senate and let them know about the real impact that is happening in your community.



Volunteer at your local food pantry or at a food bank. Food banks are likely going to be (thankfully) overwhelmed with people wanting to help, so **please bring patience** to your interactions.



Share with your friends, neighbors, and family if they need it, and ask what they need. Preventing people from needing to visit a food bank will help people who don't have these support systems.



Remember that **there is a whole work force dedicated to working at food banks** year-round, and they are experiencing something that **we have never seen**. If you know someone who works or regularly volunteers in hunger relief, offer a sign of support.

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