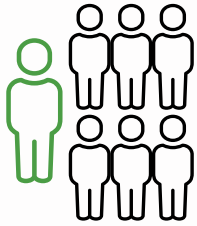




Arizona
Food Bank
Network



1 in 7 Arizonans struggles with food insecurity.



The Arizona Food Bank Network (AzFBN) is a coalition of **4 regional food banks** and almost **1,000 food pantries** and agencies, working to address hunger in Arizona.

Together, this network feeds more than **one million people** each year in all 15 counties in Arizona.



Explore the Network
Lend a Hand
Find 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.



Volunteer at your local food pantry or at a food bank. Be consistent with it and create a habit of getting involved! Many hands make light work, and help is needed all year round.



Call your federal lawmakers in the House and Senate and let them know about the real impact that food insecurity has in your community.



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.



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. If you know someone who works or regularly volunteers in hunger relief, offer a sign of support.

#HungerFreeAZ



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