



The GFWC National Day of Service (GFWC NDS) is a day in which all GFWC comes together in service to highlight an area of need, take action to address it, and raise public awareness about its importance.

The General Federation of Women's Clubs (GFWC) created the National Day of Service (NDS) as a national public awareness day about an important domestic issue that impacts communities nationwide. The inaugural NDS on September 30, 2023, turned out more than 700 GFWC clubs are performing a Community Service Project (CSP) to help those in their communities suffering from food insecurity and hunger.

According to the U.S. Department of Agriculture:

- 34 million people in the U.S. are food insecure,
- 9 million children are hungry,
- 53 million people turned to food banks following COVID-19 due to unemployment, and
- 100 percent of U.S. counties have families suffering from food insecurity.

Food insecurity and hunger are terms used interchangeably, but it is important to understand the difference between the two. When someone suffers from **food insecurity**, it is an economic condition. Meaning the person/family is having to choose between paying a bill or buying food. A person that suffers from **hunger** is physically feeling hungry and does not have access to food.

It is a common misconception by many in the United States to think those that are hungry and food insecure are homeless. The reality is that people that utilize food banks and charitable food sources are working. They make too much to qualify for the Supplemental Nutrition Assistance Program (SNAP), which helps low-income families afford nutritious food options.

The largest U.S. constituency effected by food insecurity and hunger are our working poor. Feeding America reports that the average annual income for those that suffer from hunger is \$10,030. To qualify for SNAP benefits, a family of four can net no more than \$2,313 a month or \$27,766 annually based on national guidelines.

Food insecurity and hunger adversely impacts the health care system, as many who do not have access to healthy and nutritious food are obese, suffer from chronic health conditions, such as heart disease and diabetes, along with other diseases caused by malnutrition.

How can you help solve food insecurity in the United States?

GFWC encourages you to contact your local food banks and food pantries — wherever people go for food — to find out how best to be of service. For example, you can sponsor a food bank, pantry, or food program to organize a volunteer activity with fellow club members, family, and friends.

How can you continue to serve your community with other likeminded ladies?

Contact your local GFWC West Virginia Club at:

*The **General Federation of Women's Clubs (GFWC)** is a unifying force, bringing together local women's clubs, with members dedicated to strengthening their communities and enhancing the lives of others through volunteer service. With more than 60,000 members in affiliated clubs in every state and more than 20 countries, GFWC members are community leaders who work locally to create global change by advocating for women, children, and families on issue such as domestic violence and sexual assault, food insecurity and hunger, and promoting healthy lifestyles. GFWC also support the arts, works to preserve natural resources, advances education, encourages civic involvement and works toward world peace and understanding.*