

CHANGE THE WORLD ONE LUNCH AT A TIME



Please Donate!
(See below)

Tuesday,
November 21, 2017

BAG A
LUNCH
HELP A
BUNCH



Hope is in the Bag

It's easy to participate in Table to Table's Bag a Lunch, Help a Bunch program. Just donate what you would normally spend on lunch, and you'll be helping us continue to deliver meals to those who need it most: some of the more than a million New Jersey citizens who are hungry right here in our own neighborhoods.

For more information, or to make additional donations, please visit: www.tabletotable.org

FACT SHEET



WHAT IS IT?

- **Bag a Lunch, Help a Bunch**® is a grassroots initiative that asks students in schools and employees in businesses to donate the equivalent of one day's lunch money to help Table to Table fight hunger in our communities.
- **Bag a Lunch, Help a Bunch**® is a simple, fun, ready-to-go program with a huge impact. All it takes is a team captain at your organization and Table to Table will provide all the necessary materials to make it a success.
- **Bag a Lunch, Help a Bunch**® will be held on **Wednesday, October 18, 2017**, but if that date doesn't work for you we will help you select an alternate.

WHY DO IT?

- 1 in 4 New Jersey residents do not earn enough to afford the basic necessities of food and housing.
- 1 in 5 children in New Jersey do not know where their next meal will come from.
- Nearly 500,000 people living in Bergen, Essex, Hudson and Passaic counties are food insecure.
- Hunger affects people at every stage in life. Without proper nutrition babies can't thrive, children don't develop, students can't learn, adults are not productive and seniors can't stay healthy.

HOW DOES TABLE TO TABLE HELP?

- 40% of the food available for human consumption in the United States is thrown out each year.
- Every day Table to Table redistributes fresh, wholesome food that would otherwise be wasted.
- Since we started this work over 18 years ago, Table to Table has delivered over 122 million meals to our neighbors who need it most. With your help, in 2017 alone, we will redistribute enough food (free of charge) to provide 18 million meals to hungry families in northern New Jersey.

WHAT IMPACT CAN YOU HAVE?

Table to Table delivers food for less than 10 cents a meal, so the impact is huge.

\$5 helps deliver more than 50 nutritious lunches



\$10 keeps a child nourished for an entire month



\$25 brings fresh produce to a family of 4 for 2 months



HOW DO I PARTICIPATE?

Contact Julie Sciaino at (201) 681-0862, jsciaino@tabletotable.org.

Thank you! You can make a huge difference in the lives of thousands of our hungry neighbors!