



"Where food is just the start"



## 12<sup>th</sup> Annual Hearts to Fight Hunger

### Hunger is devastating!

It affects people emotionally, financially, physically, educationally and leaves those affected in trauma. Hunger stays around well after the last holiday decoration is put away.

In this month of showing our love let us join together to help those in need.

Hearts to Fight Hunger is about so much more than just giving a person food.

It is about showing compassion in the most basic way possible.

Over the years, your kind donation of \$5.00 helped to give food and dignity to a person/family living in hunger.

*Thank you for being a Valentine for someone struggling with hunger.*

Please visit us at [SowingSeedsForLife.org](http://SowingSeedsForLife.org)

**For information on ways to fight hunger.**

**Thank you.**