One Person CAN Make A Difference

“Join North Carolina Cooperative Extension’s 4-H Youth Development Program as we lead the way in combating hunger across North Carolina” Search the puzzle below for several words related to this important initiative.

G V N O I T I R T U N
S L E U P H T L A E H
P G E G E O D A I R Y
F T R A E D T G R O T
H O R A N T H A N D S
W T O E I B A E E R E
F R I D O N U B L M C
I R T R L I S E L P I
F I S H D O N A T E P
V H U N G E R N U T S
Y R T L U O P S E M P

Glean  Fish  Spices
Donate  Grow  Vegetables
Friend  Food  Neighbor
Hunger  Help  Nutrition
Heart  Health  Hands
Dairy  Grains  Meat
Poultry  Nuts  Beans

Complete the puzzle & turn it in to the Cooperative Extension Center by October 4, 2010. Completed & accurate puzzles will be entered into a drawing to win a 4-H prize!
The Foodbank of Central and Eastern North Carolina serves a total of 34 counties. How are they able to reach so many people if the need is great? They develop partnerships with local agencies in each community. One local partner in Granville County, with whom I know many 4-H members are familiar, is Area Congregations in Ministry (A.C.I.M.). A.C.I.M. is a non-profit organization of Granville County churches whose function is to assist people in need. The organization is staffed by one paid director and volunteers.

A.C.I.M. is designed to meet the basic needs of individuals. Food, medical and utility bills, and temporary shelter are the most frequently requested needs provided by the organization. During the winter months, fuel is furnished in dire circumstances.

In 2009, A.C.I.M. helped 1,516 local families with a total of 3,177 family members given assistance with food. There were more than $98,047 dollars disbursed on behalf of families or individuals for other assistance.

Hunger is a problem “hiding in plain sight” in North Carolina. Everyday, hunger disrupts the lives of 1 in 5 children in NC. Whether it involves skipping meals, eating less than is needed to live a healthy life, or making due with foods that are filling but not nutritious, hunger’s effects can be devastating.

Think about it - 1 in 5 children: that could mean that over 48,000 4-H members are HUNGRY right now!

Please join North Carolina Cooperative Extension’s 4-H Youth Development Program as we lead the way in combating hunger across North Carolina.

Approximately 170,200 different people in NC receive food assistance in any given week. This is the equivalent to the entire current enrollment of all 16 colleges and universities that make up the University of North Carolina System, plus the entire student body at Wake Forest, Duke, and Davidson.

4-H CAN make a difference! Through a variety of efforts - food drives, community gardens, “Grow an Extra Row”, food rescue, and gleaning, WE CAN HELP!

Upcoming Events

**September:**
18th: Deadline to register for the Southern Regional 4-H Volunteer Leaders Forum (aka. Rock Eagle)
30th - (Oct.) 3rd: Southern Regional 4-H Volunteer Leaders Forum (aka. Rock Eagle)
30th: Initial meeting of the Indian Cultural 4-H Club - please consider attending!!

**October:**
1st-3rd: Lord Granville Agricultural Heritage Event
2nd: Wake County 4-H Youth Fair Day
2nd: Vance County Fair and 4-H Junior Livestock & Poultry Show
3rd-9th: National 4-H Week!!
14th-24th: NC State Fair
15th: Deadline to submit Ambassador Portfolio
26th: Area 4-H Poultry Show & Sale Record Books Due
26th: Granville County Cooperative Extension Appreciation Banquet
28th: Deadline to register for 4-H State Council Conference

**November:**
4th: Area 4-H Poultry Show & Sale
6th: Fall Volunteer Leaders Day
20th-21st: NC 4-H State Council Conference

**Upcoming Events**

**Profile of a local partner: A.C.I.M.**

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