

# ACT AGAINST HUNGER

Raise your awareness about food and nutrition security during Hunger Action Month.



**Hunger can affect people from all walks of life.**

Millions in the U.S. are just one job loss, missed paycheck, or medical emergency away from hunger.



Get informed. Find resources. Learn how to help.  
[mhealthy.umich.edu/foodsecurity](https://mhealthy.umich.edu/foodsecurity)

