



*Driving hunger from our communities*

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# **Penn Charter School**

## **MLK Day of Service - 2021**



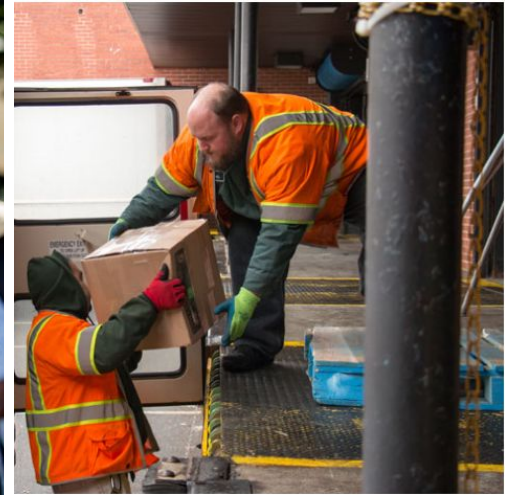
# Why Are We Here Today?



**“However young you are, you have a responsibility to seek to make your nation a better nation in which to live. You have a responsibility to seek to make life better for everyone. And so you must be involved in the struggle for freedom and justice.”**



# What is Philabundance?



*We Strive*

To Drive Hunger from Our  
Communities Today and End  
Hunger Forever.

# The Need for Philabundance

- Pre-covid 1 in 5 people in the Philadelphia region was food insecure.
- Today that number is 1 in 3**
- More than 750,000 people** across our area are now at risk of chronic hunger and malnutrition



# How We Work

## Food Donations



## Philabundance



Hunger Relief Center



## The Community



# Where We Work

- Philabundance now serves 145,000 **people** each week.
- Pre-Covid, we served 90,000 every week
- 350 agencies





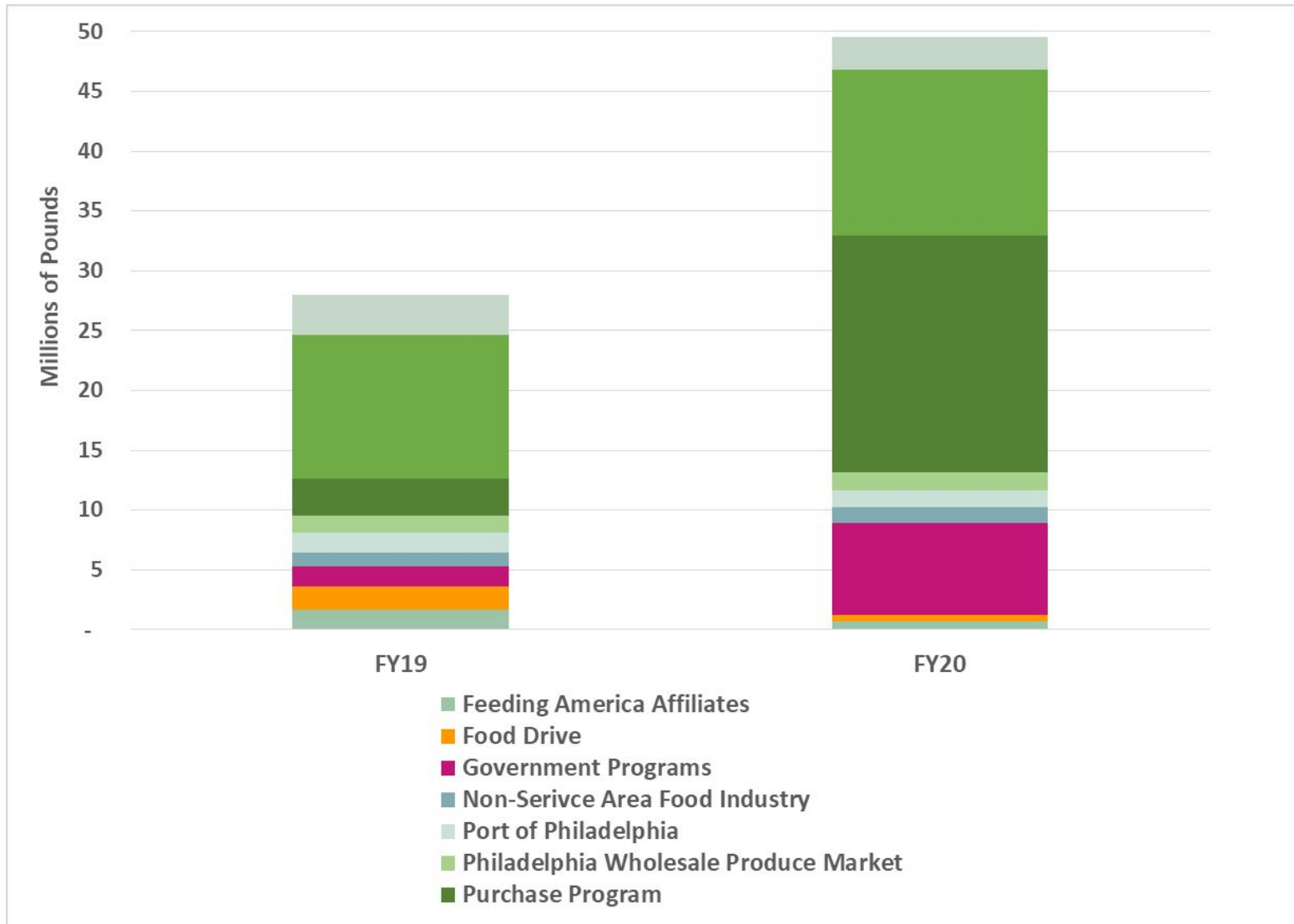
# One Face of Hunger



*"I wasn't able to study. I wasn't able to work," says Ariana. "I was running out of student loan money and I had no food in the apartment. Thing just got really bad and I had to take a leave of absence to focus on health issues. At some point, my hunger finally outweighed my pride."*

*In 2011, Ariana was a medical student at The Perelman School of Medicine, The University of Pennsylvania, facing a problem all-too common in healthcare: burnout. Smart and motivated, Ariana was also stressed and struggling to pay her bills.*

# Where Does Our Food Come From?





# Sustainability – Don't Waste Food!



# Ending Hunger For Good



**Food**



**Critical Services**



**Stability**

# Ending Hunger for Good: Philabundance Community Kitchen



- Philabundance Community Kitchen (PCK) is a **job training program** that provides students with “life skills and knife skills”
- **80% of graduates** have gained employment after completing the training
- Average wage is \$11.75/hour



# Charity Cannot Do It Alone



# How Government Helps Fight Hunger



42 million Americans rely on SNAP



50% of babies born in the US receive WIC



20 million free lunches served each day

# How You Can Be of Service



- Donate funds - \$1 helps buy 2 meals
- Donate food – have a physical or fun virtual food drive (fooddrives @philabundance.org)
- Donate time
- Advocate – Make your voice heard through letter-writing, attending events and supporting policies that increase food access
- Share our message – follow us on social media @Philabundance and spread the word!



# MLK Day of Service

**Everybody  
Can Be Great  
Because  
Everybody  
Can Serve.**

- Martin Luther King Jr.

# How Do I Serve?

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Through my job

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Through  
donating

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Through  
volunteering





# How Can You Serve? Questions?



Thank you and may your plate always be full