

# CAN YOUR FAMILY EAT TODAY?

## FOOD INSECURITY

is defined as a lack of consistent access to enough food for an active, healthy life.

1 in 4



NEARLY 1 IN 4 HOUSEHOLDS ARE EXPERIENCING FOOD INSECURITY.



Join us in the fight against food insecurity

[www.SunflowerTurning.org](http://www.SunflowerTurning.org)

We are a North Carolina-based nonprofit organization that teaches underserved communities how to grow their own food through community garden programs and in-home solutions.

YOU can get involved by

Volunteering with us

Making a financial donation

Donating gardening materials, and more!

## COMMUNITY GARDEN PROGRAMS CAN...

Reduce Food Insecurity

Improve Dietary Intake

Strengthen<sup>2</sup> Community and Family Relationships



1. NPR.org, "Food Insecurity in the U.S. by the Numbers", Christianna Silva, 9/27/2020

2. U.S. National Institutes of Health's National Library of Medicine (NIH/NLM). PubMed Central, PMCID: PMC3661291