



## A Plea for Families

The purpose of a food bank is to offer temporary aid to those struggling with food insecurity. Unfortunately, our current economic conditions have prolonged these struggles. Seniors and Veterans living on fixed incomes and Working families have seen a 30% drop in their usable income due to rising rents and food costs. Over 80% of Highlands County school children are provided breakfast and lunch so they can learn, grow, and be healthy. Anxiety and depression over food insecurity have risen 257% since the pandemic; higher than any other economic concern, (CDC study).

We are asking our community leaders to support the Heartland Food Bank in its effort to help our friends and neighbors in their time of need. Scan the QR code above or click the link below to support the Heartland Food Bank's capital campaign and **"Let no one go hungry"** in Highlands County.

[www.heartlandfoodbank.com](http://www.heartlandfoodbank.com)

