
From: Spices Inc. <customerservice@spicesinc.com>
Sent: Saturday, August 31, 2019 10:00 AM
To: cody@spicesinc.com
Subject: Hunger Awareness Month: Who is Suffering and How We Can Help

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Hunger Action Month



What Can We Do?

Hunger action month is an event that takes place during the month of September to bring awareness to hunger and food insecurity in America. More than 40 million Americans, or just about 13% of the population, struggle with food insecurity every year. This number is continually rising. Food insecurity is defined as the inability to access affordable, nutritious food regularly. This can mean you are living off a diet that mainly consists of food with little to no nutritional value, or you are consistently unsure of where your next meal will come from, regardless of its health benefits. Of all the people in food insecure households, the hungriest are children.

The most obvious cause of hunger in America is poverty. This effects people of all age groups, but children and seniors are often the most impacted by poverty.

The United States is one of the wealthiest countries in the world and yet still 1 in 5 children will go hungry this year, while that likelihood rises to 1 in 3 for children of African American and Latino families. Hungry children are often distracted, exhausted, and disinterested in anything that isn't "when will I eat next?" These hungry children are also more likely to develop sicknesses or illnesses because of compromised immune systems from their poor nutrition that would lead them to miss school.

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Affordable Recipes & Seasonings



Instant Pot
Ranch Chicken



Black Bean
Stuffed Peppers



Greek Noodle
Casserole



One Pan Lemon
Parmesan Fish



Ranch Dressing
Seasoning



Chili Powder
Mild



Greek
Seasoning



Lemon
Pepper

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ON ORDERS PLACED BEFORE 3:30PM ET MON-FRI



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