

# Hunger 101

## What is it?

Hunger 101 is an interactive education program of Community Food Bank that addresses the issues of hunger, food security and poverty on the local levels. The purpose of Hunger 101 is to fight hunger by building awareness throughout our community. Our goal is to educate and enlighten people to the privation of those in their own city. Using the demographics of Fresno County, each person assumes an identity based on the experiences of persons with different income levels. They receive a budget worksheet to find out what remains for food, after paying bills then attempt to provide a nutritious breakfast, lunch or dinner for every member of the family for one day.

## Who is this for?

This class is ideal for high school students, college students, businesses, and club organizations. Basically, any group who wants to learn more about the strife of hunger in their community and options on getting involved.

## What is the cost?

The fee for this 90 minute class is only \$25.00

## How do I schedule a class?

If you are interested in this interactive experience please contact [Dayatra Latin](mailto:Dayatra.Latin@communityfoodbank.net) at Community Food Bank, 237-3663, [programs@communityfoodbank.net](mailto:programs@communityfoodbank.net) or visit our website [www.communityfoodbank.net](http://www.communityfoodbank.net) for a registration form!

