



The Situation In Maricopa County



1 in 4 children live in food insecure homes



- There are 82,000 families in Maricopa County facing chronic food insecurity.
- 1 in 2 of children living in food insecure home are eligible for free and reduced lunch.
- Sometimes, families face unexpected expenses, such as medical bills, that cause them to have to make decisions like paying for medicine or paying for groceries.

The Solution: Emergency Food

Items that are donated to food pantries and food banks may not have a good variety of nutritional value, often lacking in produce and protein. With donations to United Way, we're able to help these programs fill in the nutritional gaps. Through the emergency food system we are able to address the immediate need of being able to put food on the table, making it easier for individuals and families to focus on financial stability or other matters that can help them get back on their feet



"I can honestly say I feel so much better eating a nutritious lunch with people I now call friends. Looking back, I was just "snacking" and isolating myself from the world. Since I began coming to the YWCA I feel so much better. I eat healthier and I learn a lot from the presentations."

- AZ YWCA Participant





Ending hunger in our community

Our Impact

- More than 560,000 individuals have received the emergency food they needed
- We partner with more than 15 programs to help families get groceries and meals

Our Goal

- Help 538,000 individuals receive meals

How Can I Help?



Provide a Meal

Join the fight to end hunger when you offer a donation to provide a meal. Every little bit helps provide the proper nutrition to food insecure individuals and families in our community.



Volunteer Opportunities

Weekend Hunger Backpacks

Backpack Assembly – Join us in putting food items together in the bags, in preparation for delivery.

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There are a variety of volunteer opportunities available to support our community.

Visit vsuw.org/volunteer to learn more.



Contact us at info@vsuw.org to get started!



@myvsuw

