



## **Northeast Iowa Food Bank Calls on Community to Take Action During Hunger Action Month**

**WATERLOO, Iowa (August 29, 2025)** - Each September, the Northeast Iowa Food Bank joins Feeding America and food banks across the country in recognizing Hunger Action Month, an annual campaign that mobilizes people everywhere to stand together in the fight against hunger.

Throughout the month, the Food Bank invites northeast Iowans to get involved in ways both big and small. From volunteering and donating to advocating for stronger food policies or simply spreading the word, every action helps make a difference in the lives of people facing hunger.

"Hunger Action Month gives us a chance every year to shine a spotlight on the issue of hunger and remind our community that it is not just a statistic. It is the reality for thousands of people," said Barbara Prather, Executive Director of the Northeast Iowa Food Bank. "The need has grown significantly in the past year, with more than 5,000 additional people struggling with food insecurity compared to last year. This month is a reminder that each of us can do something, and together we can make sure fewer people face an empty plate."

Today, more than 45,000 people in the region, including 14,380 children, are food insecure. That means 1 in 8 adults and 1 in 6 children lack consistent access to nutritious food. These rising numbers underscore the urgent need for a strong community response.

### **Ways to Participate This September**

- **Advocate:** Share the Food Bank's daily Hunger Action Month posts and videos on social media and visit [NEIFB's Advocacy page](#) to stay informed about policies that impact hunger relief.

- **Volunteer:** Our volunteers are the heart of what we do. Sign up to sort, pack, or distribute food at [neifb.org/volunteer](https://neifb.org/volunteer).
- **Attend Checker's Stone Soul Picnic:** Enjoy food and music while supporting the children's programs at the Food Bank. Sunday, September 7, 11 a.m. to 5 p.m., Overman Park in Cedar Falls. Freewill donations encouraged.
- **Wear Orange:** On Hunger Action Day, September 9, wear orange to raise awareness and show your support for hunger relief.
- **Attend Waverly Day of Caring:** On September 11, over 400 volunteers will come together to work on many community projects, including one to pack bags for our Backpack Program. Learn more at [wsrunitedway.org/dayofcaring](https://wsrunitedway.org/dayofcaring).
- **Buy a Fall Sack Lunch:** Purchase a \$10 lunch that helps provide up to 25 meals. Orders are due Friday, September 19, for delivery on September 25 or 26. Order at [neifb.org/events/fall-sack-lunch](https://neifb.org/events/fall-sack-lunch).
- **Join Team NEIFB:** Commit to being part of the solution by joining Team NEIFB with a monthly gift of \$15. Join by visiting [neifb.org/get-involved/team-neifb](https://neifb.org/get-involved/team-neifb).

"Hunger Action Month happens every year, but this year it feels especially urgent," said Prather. "The numbers are rising and the need is growing, yet so is the power of our community to respond. When we work together, no child, no senior, and no family should ever have to wonder where their next meal will come from."

For more information on the Northeast Iowa Food Bank, please visit [neifb.org](https://neifb.org).

###

Contact: Abby Turpin, Director of Development, Marketing, and Communications,  
[aturpin@neifb.org](mailto:aturpin@neifb.org)

**About NEIFB:** The Northeast Iowa Food Bank (NEIFB) is a proud member of Feeding America® and the Iowa Food Bank Association. NEIFB distributes nutritious food and grocery products to over 140 nonprofit organizations and programs that help families and individuals facing food insecurity. Last year, the Food Bank distributed over 8.4 million meals within its 16-county service area. For over 40 years, the Food Bank has alleviated hunger and provided nutrition education through its eight programs: Agency Distribution, Backpack, Cedar Valley Food Pantry, Kids Café, Mobile Food Pantry, School Market, Senior Nutrition, and Summer Feeding. To learn more, visit [neifb.org](https://neifb.org) and follow us on social media.

**About Feeding America**

Feeding America is committed to an America where no one is hungry. We support tens of millions of people who experience food insecurity to get the food and resources they say they need to thrive as part of a nationwide network of food banks, statewide food bank associations, food pantries and meal programs. We also invest in innovative solutions to increase equitable access to nutritious food, advocate for legislation that improves food security and work to address factors that impact food security, such as health, cost of living and employment.

We partner with people experiencing food insecurity, policymakers, organizations, and supporters, united with them in a movement to end hunger. Visit [www.FeedingAmerica.org](http://www.FeedingAmerica.org) to learn more.