

# Help Us End Hunger in Maryland!

## Paper Apple Campaign

---

Maryland Hunger Solutions, the leading anti-hunger advocacy organization in Maryland, is working to raise awareness about hunger in our state and demonstrate how we can all work together to create a healthier Maryland where no one goes hungry.

With our Paper Apple Campaign, we're gathering paper apples from people in communities across the state to draw attention to hunger and to build a foundation for a hunger-free Maryland. This includes supporting statewide efforts to end hunger by increasing access to federal nutrition programs (like Food Stamps, WIC, and school meals), which are a lifeline for children and families in need, bringing healthy food within reach of thousands of Marylanders.

The Paper Apple Campaign engages Marylanders of all ages, in all walks of life – in schools, senior centers, faith-based and community organizations, and businesses – and helps us raise our collective voice with the words and pictures we create. Once collected, the apples are shared with elected and appointed officials. This powerful tool demonstrates the widespread support for protecting policies and programs that help our most vulnerable Marylanders. Join us in creating a Healthy, Hunger-Free Maryland!

## Why You Should Participate

---

Maryland is the wealthiest states in the country, but hunger runs deep. It affects people just like you and me in every county across the state: our neighbors, working families, and individuals young and old. Many children go without meals. Adults struggling with low wages wonder if they have enough food to last the week. Seniors must choose between paying for food or for medicine. In Maryland:

- **1 in 8** households in Maryland faces a constant struggle against **hunger**.<sup>1</sup>
- Nearly 20 percent of households with children say they were unable to afford enough food.<sup>2</sup>
- **178,725 children** in Maryland are living in **poverty**.<sup>3</sup>
- In 2010, hunger cost Marylanders **2.62 billion dollars**.<sup>4</sup>

**By participating in the Paper Apple Campaign, you can help us advocate for anti-hunger, safety net programs and benefits that are critically important to so many Marylanders during these difficult economic times.**

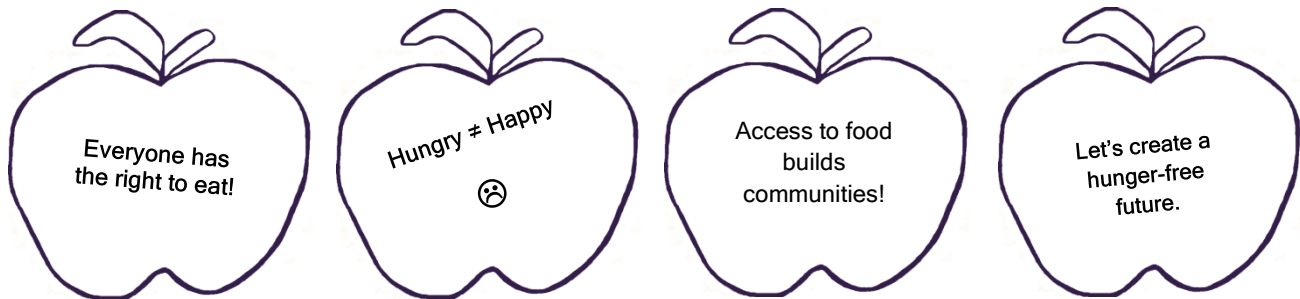
**Together, we can eliminate hunger in Maryland and ensure that our neighbors can meet their basic needs.**

## How To Participate

---

1. Write your first name and affiliation on the front of the apple.
2. Add a personal message explaining why it is important to end hunger in Maryland, now!
3. Talk to your legislators, neighbors, friends and family about hunger and its solutions.

### Sample messages:



**Questions?** Contact [info@mdhungersolutions.org](mailto:info@mdhungersolutions.org) or (410) 528-0021

<sup>1</sup> "Household Food Security in the United States in 2011," USDA

<sup>2</sup> "Food Hardship in America 2011; Households with and without children," FRAC

<sup>3</sup> 2011 American Community Survey 1-Year Estimates, US Census Bureau

<sup>4</sup> "Hunger in America: Suffering We All Pay For," Center for American Progress, October 2011



**Maryland Hunger Solutions**

Ending hunger and promoting well-being