



# Ending Hunger Means ...

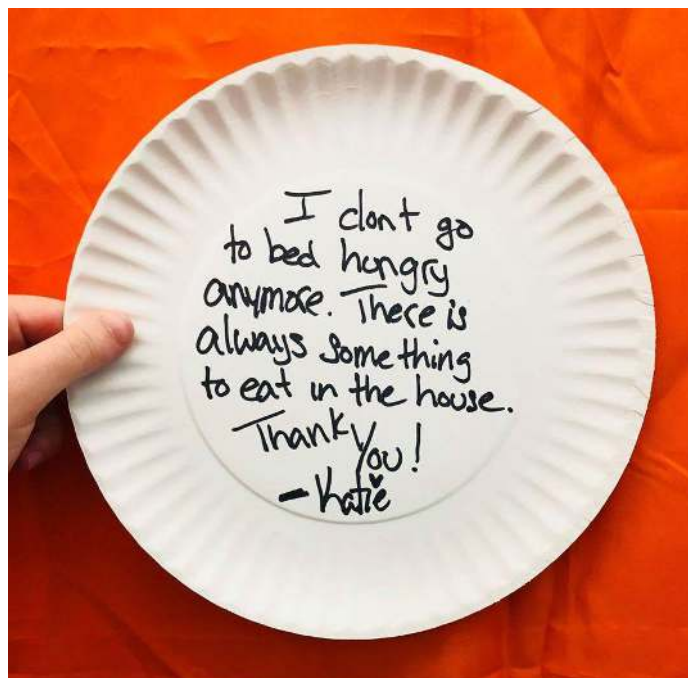
What does ending hunger mean to you? At Second Harvest Food Bank of Middle Tennessee, this September is **Hunger Action Month**, a time to take action to end hunger in our 46-county service area.

You can take action today by posting a plate to raise awareness for the 1 in 5 Middle and West Tennesseans living with food insecurity during this pandemic. It's easy to get involved!

**STEP 1:** Grab a plate.

**STEP 2:** Write down what ending hunger means to you.

**STEP 3:** Share your photo using #HungerActionTN and tag @2harvestmidtn on Facebook, Twitter, and Instagram.



*Together we can Fight Hunger and Feed Hope!*

[secondharvestmidtn.org/hungeractiontn](https://secondharvestmidtn.org/hungeractiontn)