



## Hunger hurts. Be a part of the solution.

With 1 in 3 New Jersey residents struggling to meet their basic needs, our team is working hard to keep our neighbors healthy and hunger-free this year. Want to take action? Here are some great ways to help

### Volunteer With Us

#### **CUMAC is looking for volunteers!**

From packing grocery bags to sorting donations, there are so many ways to help fight hunger with us.

**We're in major need of help on weekday mornings & afternoons. Individuals and/or groups are welcome!**

If you're interested in getting involved, **please contact our program coordinator**, Akeera Weathers, by phone (973-742-5518) or e-mail to schedule a volunteer date.

### Join The Souper Bowl

#### **We're seeking teams to join our annual Souper Bowl Challenge!**

The Souper Bowl is a collection competition open to anyone!

Teams have until Thursday, February 7<sup>th</sup> to earn points and get their collection to CUMAC.

The best part? There are no losers! Every donation will help feed someone in need this winter.

For rules and registration visit [our website](http://www.cumac.org). [www.cumac.org](http://www.cumac.org)

**Help tackle hunger this season and join the fun!**

*Thank you for feeding people & changing lives with us!*