



A SIMPLE GESTURE

Sharing Food in Our Community

1 IN 4 CHILDREN

IN THE NORTH CAROLINA HIGH COUNTRY do not get enough to eat on a regular basis. Sadly, Watauga county has been designated the 3rd poorest county in our state. Many children and families have to choose between medicine, meals, or putting gas in the car. Is there a way for the citizens of the High Country can become a key source of food for its neediest? We think so!



A SIMPLE GESTURE is a door-to-door food collection program that helps to provide a steady supply of food for the neediest people in our region.

We can provide **THOUSANDS OF MEALS** allowing our food banks to think strategically about ending the cycle of hunger.



HERE'S HOW IT WORKS:

SIGN UP

Sign up on our website to receive a green recyclable grocery bag which we will deliver to your home, school, church or business.

Visit: ASimpleGestureHC.org



SHOP

Each week when you go shopping, buy one extra non-perishable food item and leave it in your bag.



WE PICK UP

On a designated day every other month, a volunteer will pick up the bag, leave another one in its place, and take the filled one to our food pantry.



Serving the North Carolina High Country
Hosted by the Hunger and Health Coalition
828-262-1628

ASimpleGestureHC.org | HungerandHealthCoalition.com