# Cause Week Article: Food & Nutrition

**Nutrition Programs; Agriculture; Food Supply Chain; Food Banks; Faith-Based Support; Clean Water**

So much of our overall health is based on food and nutrition. Across the nation and around the world, lack of access to healthy food results in malnutrition, heart disease, obesity, diabetes, and many other issues. These are all exacerbated by the consequences of the global pandemic, straining the supply chains and leading families to find alternatives to fresh food.

CFC charities work to address food deserts, bridge the gaps in supply chains, ensure clean drinking water, provide nutritional counseling, teach effective farming techniques, and enhance overall food security. Charities also use donations to deliver meals to homebound individuals, run soup kitchens, build community gardens, offer low-cost healthcare offices, and donate food to schools so they may feed students at least one healthy meal a day.

Here’s how your CFC donations help to change the world through food and nutrition:

* $40 improves farming standards with one hour of research on sustainable practices.
* $45 provides life-saving treatment for a severely undernourished child.
* $50 serves 150 nutritious meals at a school food pantry.

Are you interested in hearing from some charities working in food and nutrition? Watch charity videos. Read charity stories.

If food and nutrition is your cause, show your support by downloading the Food & Nutrition Cause Badge and using it in your email signature and social media.