# Food & Nutrition Email

**Send Date:** Monday, Nov 21

**Subject Line:** What’s on your menu this week?

**Attachment**: [Food & Nutrition Badge](https://givecfc.org/sites/cfc.org/files/22%20Toolkit%20Reference%20Files/cause_week_food_nutrition_badge_2022.png)

Happy Thanksgiving week. The CFC cause this week is **Food & Nutrition**. Most of us are planning to eat some wonderful meals this week, so it seems like the right time to think about those who depend on CFC charities to get enough food all year long. One of these is a 92-year-old WWII veteran who gets up at 3 a.m. every morning to go to his construction job where he drives a dump truck. Due to the soaring prices of groceries, he and his wife depend on one of our CFC charities to supplement their groceries. This charity provides nutritious food to those who need it in their community, including individuals, schools, soup kitchens and shelters.

**Do you want to make sure that no one goes hungry?** Here are some examples of what you can do through your CFC donation:

* Ensure elementary school children start their day with a full stomach.
* Improve farming standards through sustainable practices.
* Test children for signs of malnutrition and provide nutritious dietary supplements.

**Here’s how you can help**:

1. [Donate to a CFC charity](https://cfcgiving.opm.gov/welcome) working in **Food & Nutrition**.
2. [Learn more](https://givecfc.org/cause-week-food), [watch videos](https://givecfc.org/virtual-videos?field_charity_name_value=&field_cfc_number_value=&field_cause_of_the_week_target_id%5B%5D=102&field_charitytype_target_id=All&field_cfczone_target_id=All), and [read stories](https://givecfc.org/charity-stories?field_charity_name_value=&field_cfc_number_value=&field_cause_of_the_week_target_id%5B%5D=102&field_charitytype_target_id=All) about **Food & Nutrition**.
3. **Show your support**. If **Food & Nutrition** is your cause, show your support by using the attached badge in your email signature or on social media.

Thank you for your continued support of the causes that matter to you and willingness to change the world through the CFC.