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## **Healthy Holiday Food Drive in Weber and Morgan Counties**

(Ogden, UT) – This holiday season, the Weber-Morgan Health Department encourages residents to make healthy food donations to local food pantries in an effort to raise awareness of the role hunger plays in our community's health.

"According to Feeding America, there are 42 million Americans including 13 million children who are food insecure. This means that they do not have consistent access to enough nutritious food for an active, healthy life. When people do not have enough food, they are at risk for developing serious health problems such as type 2 diabetes, high blood pressure, heart disease and obesity," said Sunny Hayes, health educator with the Weber-Morgan Health Department.

Many food drives procure non-perishable items that are often processed and lack sufficient nutrition. Hayes encourages those who are donating food to read the labels on the canned and prepackaged food and consider donating items that are low in sugar, sodium, saturated and trans-fats and high in fiber and whole grains.

"While all donations are greatly appreciated, every food drive welcomes healthy items. Give the gift of health because everyone deserves access to healthy food," Hayes said. "But by donating locally, you can help ensure the items you donate will serve members of our community."

The Weber County sponsored collection sites which go to Catholic Community Services in Ogden include:

- The Weber-Morgan Health Department, 477 23<sup>rd</sup> Street
- The Weber Center, 2380 Washington Blvd.
  - Commission Office
  - Clerk Auditor's Office
  - Department of Operations
- Weber Ice Sheet, 4390 Harrison Blvd.
- Weber County Sheriff's Office, 721 W. 12<sup>th</sup> Street

Morgan County donations may be made to the Morgan County Community Services Office in the basement of the City/County Building, 90 W. Young Street.

We will be collecting food donations at the above locations until November 20.

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