



## Generic Social Media Posts

Following are generic social media posts used by Harvesters. Please tweak to fit the need of your organization.

- Imagine having to decide whether to pay your utilities to heat your home or to buy food. That's the dilemma facing many of the 364,090 people in our region who are food insecure. Find out more about hunger in our region [here](#).
- It can be a tough choice. Heat or food? Lights or dinner? Rent or a meal? While many of us never have to consider this question, more than 130,000 households in our region are constantly burdened with these types of difficult decision. When you [support Harvesters](#), you not only help put a meal on a table, but you also take a hard decision off someone's plate.
- 63 percent of the households we serve choose between food and medical care. When you [support Harvesters](#), you not only help put a meal on a table, you also take a hard decision off someone's plate.
- 54 percent of the households we serve choose between food and housing. When you [support Harvesters](#), you not only help put a meal on a table, you also take a hard decision off someone's plate.
- Do you know what being **food insecure** means? It means a person or household may have food today, but they don't know if there will be food tomorrow or enough food for everyone in the household. Learn more about who is food insecure [here](#).
- Do you know the difference between a food bank and a food kitchen or pantry? A food bank, like Harvesters, acquires, stores and distributes food to the food kitchens and pantries who then give the food to the hungry asking for help. Learn more about Harvesters [here](#).
- Join us in being an advocate for the hungry in our region. [Sign up today](#) to receive our advocacy emails so you know when to contact our elected officials to add your voice to ours to feed hungry people today and work to end hunger tomorrow.
- Children are often among those most in need of food. In our region, 112,470 children do not know if they will have a meal at home – that's 18 percent of the children under the age of 18. Harvesters has several feeding programs for children. Learn about them [here](#).
- Did you know that in addition to collecting nonperishable foods, we collect household products? Our agencies need soap, deodorant, shampoo and toilet paper along with the canned and boxed food items. Check out our most needed items [here](#).
- Food insecurity contributes to poor health, lower productivity and higher medical costs. In adults, poor nutrition can lead to obesity, diabetes, heart disease, depression and fatigue. Children also are affected by being sick more often and having trouble learning in school. [Learn more](#) about the health impacts of hunger.