One in six children in Southeastern Connecticut (16.1%) is food insecure, and the overall food insecurity rate is 11.2%. When children do not have the nutrition they require, the ramifications are vast. They have a difficult time concentrating in school, putting their education in jeopardy. Their current and future health is at risk. And they may bear witness to stressed parents who struggle with how to stretch their income to meet all the costs of living.

Since 1988, the Gemma E. Moran United Way/Labor Food Bank has played a key role in providing one of the building blocks to a good quality of life by feeding families and individuals facing hunger and food insecurity all across our community.

Last year, the Food Bank distributed the equivalent of 2,047,459 meals and snacks through 76 distribution sites including food pantries, shelters, child care centers, community meal sites, programs for the elderly, and the Mobile Food Pantry at no cost to those in need. Each month, 17,444 individuals were served through these sites. That includes 9,104 adults, 5,429 children, and 2,911 seniors.

Many higher education professionals, including advisors and advising administrators, have seen food insecurity increase on their campuses. With this growing issue in mind and to help support this cause, we would like attendees to bring some canned and dry goods (that are not in glass containers) to the conference:

- Pasta
- Soup and broth
- Brown and white rice
- Canned and dried beans
- Canned fish and meat
- Peanut butter
- Dry cereals and oatmeal
- Canned vegetables
- Tomato products
- Shelf-stable milk
- Jams and jellies
- 100% juice