

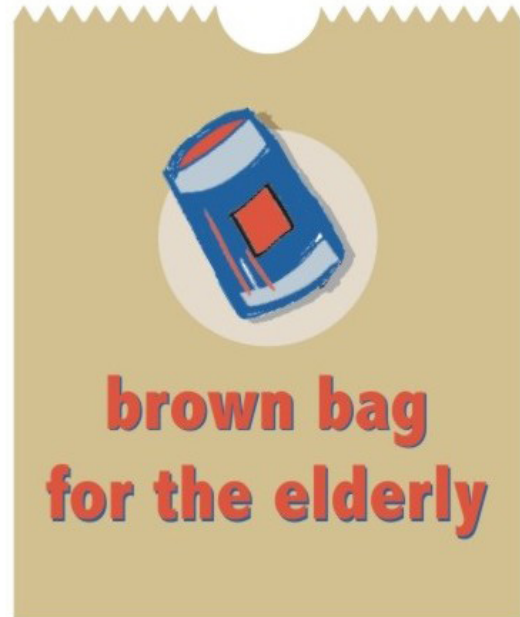


## Brown Bag for the Elderly

Senior citizens are particularly vulnerable to hunger, especially at the end of the month when their income runs low. Brown Bag for the Elderly provides food assistance for low income seniors to prevent them from having to make the choice between food, medicine, healthcare, rent or utilities.

### 2020 VOLUNTEER SATURDAYS

MONTH	PACKING DATE
January	1/25
February	2/15
March	3/21
April	4/18
May	5/16
June	6/20
July	7/18
August	8/15
September	9/19
October	10/17
November	11/14
December	12/19



Ensuring that Senior Citizens in our community have enough food to last through the end of the month.

- Brown Bag Saturday starts promptly at 8am. Arrive by 7:45am for sign in and orientation.
- Mandatory safety requirement, no sandals, clogs, flip flops or shoes exposing any part of the foot are allowed. Dress appropriately to work in the warehouse.
- All individuals and groups must sign up in advance in order for us to plan accordingly. Please visit our website at [www.helpendhunger.org](http://www.helpendhunger.org) for more information or contact the Volunteer & Community Relations Coordinator, Kalista Morton at 912.261.7979 or [kmorton@helpendhunger.org](mailto:kmorton@helpendhunger.org).