

# What You Can Do

## Donate

Every \$1 donated equals 4 meals. Financial contributions help the Food Bank run the programs needed to serve the hungry in L.A. County. Visit [lafoodbank.org](http://lafoodbank.org) to donate.

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## Participate

More than 33,000 people volunteer at the Food Bank annually. It takes a lot of hands to move 1 million pounds of food every week. Visit [lafoodbank.org](http://lafoodbank.org) to volunteer.

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## Coordinate

Organize a Virtual Food Drive. You will help the Food Bank save time and resources incurred with a traditional Food Drive. Contributions will be used to purchase the most needed items including fruits and vegetables. Visit [lafoodbank.org](http://lafoodbank.org) for Food Drive information.

## Advocate

You can support the Food Bank and its mission to mobilize resources to fight hunger in our community. “Like” the Food Bank on Facebook, “Follow” the Food Bank on Twitter and encourage others to support the Food Bank in its efforts to feed the hungry in L.A. County.

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LOS ANGELES REGIONAL



Fighting Hunger. Giving Hope.

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