



**ABOUT US** 

We provide hunger-relief programming and services across Cook County, including portions of Chicago and its near-west Suburbs. Last year we provided food and services to over 65,000 individuals.

## **OUR SERVICES**

- **Food Pantry**
- Nutrition and Health Education
- Kids' Food Programs
- **Benefit Services**
- Home Delivery

## **HOW TO HELP**

## **Donate**

Your gift to Beyond Hunger provides essential food and services to local families. Every \$1 donated provides 3 meals.

## Volunteer

Lend your time and talents to help your community by becoming a volunteer. Sign up and get started with one of our orientations!

