



# Have a car, an hour and the drive to help others?

**With FeedHV you can!** Here in the Hudson Valley, 1 in 10 neighbors goes hungry while 40% of food is wasted. FeedHV is a network to rescue, harvest, process and distribute local food.

**FeedHV volunteers** transport **food donations** (from farms, restaurants and more) to **feeding agencies** (like food pantries and soup kitchens) on their own schedule. Low commitment— Highly rewarding!

Sign up today at **FeedHV.org** to reduce hunger and reduce waste! Questions? Email us at [info@feedhv.org](mailto:info@feedhv.org) or call 518-432-5360 ext. 402.

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