Video Transcript

Combating Hunger and Promoting Nutrition

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Hi! I'm Emerald, and I like to keep me and my family healthy by making sure our food is fresh, minimally processed, and very nutritious. I help keep my community healthy by volunteering at my local food bank every Thursday to ensure everyone has access to food.

I like to pack my lunch with some greens, some protein, and some vegetables. And of course, you can't forget fruit!

I'm going to bring these healthy canned goods over to my food bank!

This is a problem that you can very easily get involved in, whether it's just going through your own house to make sure all of the food you have is beneficial for your family's well-being, or whether it's going out and informing people about nutrition or helping people get the nutrition that they need.

I hope this video inspired you to go out into your community, or even stay within your own household, to make sure everyone is happy, healthy, and well-fed. Thank you.