

What are the effects of food insecurity?

In recognition that food insecurity can have a wide impact, depending on each individual's circumstances. Some of the most common, yet complex, effects of food insecurity include:

- serious health complications, especially when people facing hunger are forced to choose between spending money on food and medicine or medical care;
- damage to a child's ability to learn and grow; and
- difficult decisions for seniors — often living on fixed incomes — such as choosing between paying for food and critical healthcare.

Members of the Sharon Men's Club has have managed donations to food banks serving our area:

FOOD BANK DONATION: On June 13, the Sharon Men's Club proudly donated \$500 to the Family Table –Jewish Family and Children's services (JF&CS). The gift is to support the Family Table's efforts to combat food insecurity for families in Sharon and surrounding towns.

“The COVID-19 Pandemic has caused many people to struggle with feeding their families.” said Jeff Shapiro, President of the Sharon Men's Club. “We are happy we can help the JF&CS's efforts to help these needy families.”

More information is available [here](#).

This is the second such donation by the SMC. Last month, the Sharon Men's Club donated \$500 to the Food Pantry at the First Congregational Church of Sharon. The gift is to support the pantry's efforts to combat food insecurity for families in Sharon and surrounding towns.