

## Change 4 Change

Tis the season to spread cheer and joy!

At Eureka Natural Foods that's exactly what happened during their latest Change 4 Change with Food For People. Within one week the community came together and raised \$5,000 to help eliminate hunger and improve the health of the community. This is the most amount that has been raised during a Change 4 Change. Currently as the world spins, this means more to Eureka Natural Foods and Food for People than ever. A rough year, but now the light we all have been waiting for. Seeing the community raise this amount during a time of need for all, it is truly a cherished moment.

Eureka Natural Foods Change 4 Change program is a business to business partnership within the community to raise funds and awareness for the partners organization. It's really all about the community coming together and doing what they can for these great non profits or businesses. Theres always a need in the community and Eureka Natural Foods saw this need and just brought it too light. Theres no extra hassle at the checkout, just a simple yes or no question and your spare change of .25c or giving a little extra of \$5, it all makes a difference. As times are tough it brings Eureka Natural Foods so much joy to be able to bring the community together help a local organization that gives back to our community. Give yourself a pat on the back Humboldt County!!

Food for People, the Food Bank for Humboldt County, is here for the community during the COVID-19 crisis. Many are suffering in our community with the call for self-isolation - from families staying home with kids, to seniors unable to leave the home, or those experiencing lost wages or revenues. Food for People works to alleviate local hunger and improve the health of the community through its 18 programs and strong community partnerships. These programs include a countywide network of emergency food pantries, food distribution for children, seniors and homebound individuals, nutrition education and outreach and local food recovery and gleaning efforts. Food for People distributes nearly 2 million pounds of food annually to the county's most vulnerable members. For more information, visit [www.foodforpeople.org](http://www.foodforpeople.org).

Eureka Natural Foods is a family-run business serving Northern California for over 40 years. Their mission is to strive to offer natural and organic products free of GMO's, antibiotics, hormones, pesticides and radiation. They believe that taking responsibility for your health through healthful eating and body care is a way of life. As they follow their mission closely they take it with them for their Change 4 Change program. Helping local organizations that have similar missions to help people with their health, well being and life. As well as helping community lands, projects and the environment. They are thankful to bring this fundraising opportunity to Humboldt County and will continue to support local organizations year round.