

St. Luke's Parish Packs Food for Hungry Families on Sunday

Author : David Gurliacci

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Update, Sunday: The church has filled up all its slots for volunteers for this event, according to its Web pages about it, but it is still accepting money donations.

Original article:

Hungry families in Darien, Stamford, Norwalk and beyond will receive over 50,000 healthy meals packed by volunteers for the Saint Luke's Hunger Project on March 13.

In partnership with [Feeding Children Everywhere](#), Saint Luke's will host a one-day meal-packing extravaganza to benefit local hunger.

Volunteers will pack the ingredients for lentil-rice-vegetable casseroles to be distributed by Person-to-Person food pantries in Darien and Norwalk, the Food Bank of Lower Fairfield County, the Connecticut Food Bank, the Pantry@NCC and other local hunger charities.

The community is invited to participate in this fun, family-friendly event, welcoming ages 2 to 102. To volunteer or donate, visit www.saintlukesdarien.org/hunger.

Hidden Local Hunger

Despite the image of affluence, hunger is widespread but often hidden in Fairfield County, where earnings from low-wage jobs or fixed incomes of the elderly fail to cover housing and basic living costs.

— an announcement from St. Luke's Parish — and remember, daylight savings time starts Sunday, so everything's an hour earlier than it was Saturday.

According to End Hunger CT, 11.9 percent of Connecticut residents are food insecure and 4.7 percent are very food insecure — a slight increase from 2008. Many will be surprised that over 5 percent of Darien residents live in poverty and that 2 percent of Darien public school students qualify for free or reduced-price lunch. In Stamford the federal poverty rate is nearly 11 percent and in Norwalk the poverty rate is over 9 percent.

Need is Rising

These statistics translate into food insecurity, when families don't know when or where the next meal will arrive. Local food agencies are overwhelmed by the need. At Person-to-Person, demand for supplemental and emergency food has increased 10% in the past two years. The Saint Luke's Hunger Project offers a way to address local hunger, right in Darien's back yard.

About Saint Luke's

Saint Luke's is an Episcopal parish that works alongside our neighbors to serve the world. For information about our inspiring worship, Christian formation for all ages, and our welcoming community, visit www.saintlukesdarien.org.