

Accept the Challenge September 14th-20th! Take part in a week of change to support the National Month of Hunger and Catholic Charities Food pantries. The challenge is

simple—give up how much you usually spend on beverages (coffee, juice, bottled water, etc) and just drink tap water instead.

Choose to donate your saved funds to a Catholic Charities food pantry of your choosing. Start a healthy habit and keep our neighbors fed!



For more information and to register, please visit www.CatholicCharitiesRaleigh.org/H2OforHunger.

