

Food Banks estimate that 4 in 10 people visiting a food bank now need assistance as a result of COVID-19.



ROYAL THRONE

September 2020



Join the Voices for Recovery: Celebrating Connections

recoverymonth.gov



National Recovery Month (Recovery Month) is a national observance held every September to educate Americans that substance use treatment and mental health services can enable those with a mental and/or substance use disorder to live a healthy and rewarding life.

In 2020, the Faces & Voices of Recovery celebrates the 31st anniversary of **National Recovery Month**, of spreading the message that treatment is effective, and people can and do recover—every day!

The 2020 **Recovery Month** theme, “Join the Voices for Recovery: Celebrating Connections” reminds people in recovery and those who support them, that they all have victories to celebrate and things they may wish they have done differently. This is true of everyone and, as in most cases, they cannot do it alone. Recovery Month will continue to educate others about substance use disorders and co-occurring disorders, the effectiveness of treatment and recovery services, and that recovery is possible. **For more information on Recovery Month, visit: <https://recoverymonth.gov>.**

September is Hunger Action Month — People all over America, along with Feeding America and local food banks, work together to fight hunger! You can help fight hunger by donating food to or volunteering at your local food pantry, or even sending an email to your Congress member to educate them and ask them to join the fight to end hunger! If you want to get involved but don't know how, **contact New**



Opportunities!



**FOODBANK
OF IOWA**

Opportunity to Give Back

This month consider donating food to your local family development center as a way to fight food insecurity in America, and help those in your community.