

# VFW, Humana Team Up to Tackle Food Insecurity for Veterans

## The 2023 campaign provided more than 1 million meals to veterans

Jul 24, 2023

**PHOENIX** – The Veterans of Foreign Wars (VFW) and Humana have exceeded their 2023 goal of providing 1 million meals to fight food insecurity among veterans as part of the Uniting to Combat Hunger campaign.

This year's milestone brings the total to more than 4.5 million meals since the two organizations established the campaign in 2018.

“The continued support for Uniting to Combat Hunger is inspiring, but it's important to remember this fight is far from over,” said VFW National Commander Tim Borland. “We have made great strides over the last six years, but with veterans and military families still facing hunger and food insecurity every day, we must continue to come together as a nation to address this very real issue.”

So far this year, Humana and more than 150 local VFW Posts and Auxiliaries have teamed up to lead activations in support of the Uniting to Combat Hunger campaign in 40 states, totaling more than 111,000 pounds of food and more than \$171,000 donated to local food banks.

“Our veterans have already sacrificed so much – they should not have to be concerned about where they will get their next meal,” said Stephanie Muckey, who leads Humana's health equity and social impact work focused on the veteran population. “Food insecurity is impacting the everyday lives of many veterans in communities across the country. We must face this issue together to ensure any veterans, active service men and women, and their families who are struggling have access to healthy meals.”

For veterans, regular access to healthy food may mean:

1. Spending less on health care. Food insecurity leads to an unhealthy diet. Having access

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to healthy foods can help prevent health problems from developing, which means fewer trips to the doctor.

2. Missing fewer days of work. Healthy foods lead to healthier bodies and minds. Healthy people don't need as many sick days.
3. Improving health. Regular access to healthy foods can help decrease the risk of common health problems, such as diabetes, depression, hypertension and congestive heart failure.
4. Staying active. We all know if you don't feel good, you aren't going to want to be active. Eating low-cost, filling foods that are less nutritious can impact health and energy levels.

The Uniting to Combat Hunger campaign and other topics important to veteran health and well-being will be part of the discussion at the 124th VFW National Convention in Phoenix, Arizona, July 22-27. Humana and the VFW have worked together to support veterans for 11 years.

To learn more about the Uniting to Combat Hunger campaign, visit [vfw.org/UTCH](https://www.vfw.org/UTCH).