



Let's End Hunger

From the delicious meatballs on the cover to the stack of pancakes on our back page, this issue of *Woman's Day* overflows with abundance. *Our cup—and our plate—runneth over.* So why is hunger on our minds?

Because too many Americans go to bed without a proper meal every night. In fact, some 46 million people (including 12 million children and 7 million seniors) rely on food pantries and meal service programs, according to a study from Feeding America, the nation's largest network of food banks. That's *one in seven people*—your neighbors, friends, maybe even you—and the problem isn't going away.

That's why this year we're partnering with Feeding America to launch *The Kindness Project Fights Hunger*. Every month, in our Kindness Project column, you'll find simple ideas on how to combat hunger in your community. Here's one I use when I shop: For every canned good I purchase, I add one more to my cart and donate it to my local food pantry. *Little actions like this add up to a lot of food for people who need it*, and help chip away at this complex problem.

The Kindness Project Fights Hunger kicks off on page 20 with the stories of ordinary people who have done extraordinary things to combat hunger locally. We're celebrating people like Pam Koner, Anna Ramsey and Alexandra "Finn" McFarland, who put generosity into action.

I'd love to know how you're tackling this issue in your community. Share your stories at kindnessproject@hearst.com.

Susan

Susan Spencer
Editor-in-Chief
susan@womensday.com

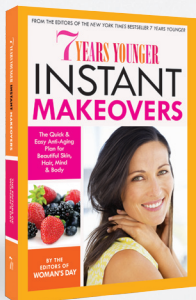


Top: Pam Koner's food program has 2,000 monthly donors. Bottom: Anna Ramsey (left) and Alexandra "Finn" McFarland, in the root cellar they helped build.

NOW IN BOOKSTORES!

7 YEARS YOUNGER INSTANT MAKEOVERS

If you're like me and have absolutely zero time for fancy antiaging treatments (but get a little stomach flutter whenever a fresh wrinkle appears out of nowhere), this book is for you. It's full of practical, easy-to-follow advice by a team of WD editors and experts on how to look and feel younger (my favorite: Take a hair vacation). Pick up a copy wherever books are sold!



Reach me on **FACEBOOK**
[facebook.com/susanatwd](https://www.facebook.com/susanatwd)

Follow me on **PINTEREST**
[pinterest.com/susanatwd](https://www.pinterest.com/susanatwd)

TOP LEFT: MICHAEL WARING; HAIR & MAKEUP BY NIKKI WANG; RIGHT (2): DAVID TSAY.