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FOOD CHECK-OUT WEEK TARGETS HEALTHY EATING ON A BUDGET

Topeka, KS – The Kansas Farm Bureau will donate \$500 of food to the Ronald McDonald House in Topeka, recognizing the need everyone has to find solutions to feeding families healthful foods on a tight budget. **The Farm Bureau’s Food Check-Out Week food donation will occur at 10:00 am on Monday February 16 at the Ronald McDonald House (825 SW Buchanan St., Topeka).**

The Ronald McDonald House provides a “home-away-from-home” for families of seriously ill children receiving medical treatment in the Topeka area. The food will be used to help feed families staying at the house.

Now in its eleventh year, Food Check-Out Week also highlights America’s safe, abundant and affordable food supply, made possible largely by America’s productive farmers and ranchers. According to the most recent 2008 information from the USDA’s Economic Research Service, American families and individuals spend, on average, less than 10 percent of their disposable personal income for food.

Farm Bureau’s Food Check-Out Week, Feb. 15-21, 2009, is devoted to helping teach Americans how to stretch their grocery dollars with healthy, nutritious food. America’s farmers and ranchers are committed to producing safe, healthy and abundant food. And they share a common concern with consumers when it comes to putting nutritious meals on the table while sticking to a tight budget.

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Ronald McDonald House Charities lifts children and families to a better tomorrow by providing a home away from home from families of seriously ill children staying at nearby hospitals. For more information about the Ronald McDonald House of Northeast Kansas, e-mail info@rmhctopeka.org or visit www.rmhctopeka.org.

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