

# THE DIALOGUE

## The Kentucky Hunger Dialogue Newsletter

### Hunger Free Kentucky Day 2026: Uniting Advocates to End Hunger



Hunger Free Kentucky Day 2026 brought together advocates from across the Commonwealth to raise their voices for the more than 600,000 Kentuckians experiencing food insecurity. Organized by Feeding Kentucky, this annual event empowered participants to meet directly with state legislators in Frankfort to discuss hunger-related policy solutions and strengthen collaboration with local food banks.

Because the Capitol Rotunda is undergoing construction, this year's event shifted from the traditional rally to a more flexible, meeting-focused format. Attendees were encouraged to schedule one-on-one conversations with their elected officials. Between meetings, participants gathered in the Capitol Education Center and the Annex Cafeteria—spaces offering refreshments, informational materials, and opportunities to connect with fellow advocates dedicated to reducing hunger across the state.



Whether participants were seasoned advocates or engaging in legislative outreach for the first time, they received one-pagers, talking points, and maps designed to support clear, informed, and impactful conversations. The event emphasized that every voice matters in shaping strong, equitable food policies. By coming together on Hunger Free Kentucky Day, Kentuckians play a vital role in building a future where all residents have consistent access to nutritious food.


### National Nutrition Month® and Supporting College Students' Nutritional Needs

March is National Nutrition Month®, a time to promote smart eating habits and informed food choices—an especially meaningful focus for college students facing midterm stress. Long study hours, tight budgets, and irregular schedules can make it challenging for students to access balanced, nutritious meals. This month offers a valuable opportunity to highlight the essential support that college food pantries and campus nutrition programs provide.

Nutritious meals fuel more than physical health—they boost concentration, mood, energy, and cognitive performance, all of which are vital for academic success. Encouraging students to choose fruits, vegetables, whole grains, and protein-rich snacks can help sustain them during demanding study periods. Workshops, cooking demonstrations, and nutrition education sessions can equip students with practical, affordable strategies for eating well.

Campus food pantries remain crucial in reducing nutrition gaps and preventing skipped meals. By aligning National Nutrition Month® with pantry outreach, colleges can raise awareness, reduce stigma, and reinforce that good nutrition supports strong learning.



 EngageKY's COLLEGE FOOD PANTRY COMMUNITY OF PRACTICE MEETS BIWEEKLY!

CONTACT [REBA PRATHER](#) FOR MORE INFORMATION!



CONGRATULATIONS to our  
**2026 KENTUCKY HUNGER DIALOGUE**  
JUNIOR FELLOWS



**Celine Gibson**

Celine Gibson is a first-generation college student at Madisonville Community College pursuing her Associate in Science degree. As a mother and advocate, she is passionate about addressing food insecurity and supporting working families across Kentucky.

Growing up in a single-parent household shaped her commitment to food justice and equitable access to resources. Through the Kentucky Hunger Dialogue Fellowship, she hopes to help create meaningful, lasting change for families in her community.



**Hunter McGlone**

Hunter McGlone is a chemistry education student at Morehead State University. He is a member of a community service-focused fraternity.

His goal over the course of the fellowship is to learn more about addressing hunger on a local level to take back to his fraternity to serve the community better and broaden his philanthropic endeavors.



**Addyson Taheny**

Addyson Taheny is a student at Centre College from Richmond, KY. She is a Bonner Scholar that volunteers at Edna L. Toliver Intermediate school in the family resources department, assisting with and leading initiatives to give students the resources they need for an easier school experience.

She is also a member of Alpha Phi Omega, Theta Theta Chapter, and is a sister of Alpha Delta Pi, Eta Omega Chapter.



**Mattie Osborne**

Mattie Osborne '27, junior and Centre College Bonner, serves on the Bonner Leadership Team, where she promotes accountability and works to foster a supportive, student-centered service community.

She is committed to social justice and addressing systemic inequities that shape food access and opportunity in rural and Appalachian communities across Kentucky.