



Volunteer Spotlight: Regan Hutchison

Volunteer & Advocate Fighting Against Hunger

Durham real estate agent, Regan Hutchinson, is a volunteer and passionate advocate for Feed the Need in Durham. As a member of the local business community, she felt the need to give back. She was drawn to Feed the Need in Durham, which is the region's central food hub, supplying fresh food and non-perishables to 62 organizations, including soup kitchens, shelters, in-school meal programs, and food banks.

"It was shocking to me, how many people face food insecurity in Durham Region," says Regan. She was amazed that Feed the Need in Durham supplied food for approx. *980,000 meals in 2017*. As a volunteer, Regan wears many hats, including filling food orders, facilitating group tours of the facility, food sorting and organizing, raising donations, and spreading the word about Feed the Need.

Food Shortages are Year Round

Enlisting friends, colleagues, and community members in supporting Feed the Need is something Regan is passionate about. One of the key messages Regan always shares with others is that people live with food insecurity year round. **"You always think of food drives during the holidays,"** says Regan. **"People don't think to donate at other times throughout the year. It's not that they don't want to help, they just don't realize the need is there."**

Raising Awareness on Social Media & Community Networks

Regan started using her social media savvy and community networks to raise awareness. During the summer months, when Feed the Need in Durham was facing food supply shortages, she started posting photos of the empty bins they needed to fill. Regan immediately started getting responses from friends and colleagues, asking how they could help. **"It is one thing to say there's a food shortage, but it's another thing to see empty food bins."**

Donating Time, Donating Food

"I am super busy all the time. But I make time for this," says Regan. "The fact that I know I'm making a difference and I am helping people in need is my motivation." The staff and volunteers at Feed the Need also keep her coming back. "We have so many volunteers at Feed the Need that love helping the community. I have made so many friends that I'll have for life." For her friends who can't volunteer Regan says, "Just drop off a food donation. Every contribution helps."