



NEWS

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Shave Calories from Your Diet and Help the Connecticut Food Bank *Free foodtweeks App Turns Calorie Savings into Donations*

EAST HAVEN, CONN., September 4, 2015 – Here's an easy way to eat healthier and help your hungry neighbors at the same time. Download the free foodtweeks App for your iPhone or Android phone and use the handy tools to help you shave calories from restaurant meals, supermarket foods and home-cooked meals. For every Tweek you try and calorie you save, foodtweeks will donate to the Connecticut Food Bank!

Little changes will go a long way in helping you reduce your calorie intake, and they also go a long way in providing nutritious food for hungry Connecticut residents. The foodtweeks App is free to download and use. It's easy to set up and start saving – and giving! During September, Hunger Action Month, foodtweeks is donating four times the donations! Be sure to use Promo Code CTFB when you register. Learn more about foodtweeks and how to help the Connecticut Food Bank at <http://foodtweeks.com/fb/Connecticut/>

About the Connecticut Food Bank:

[The Connecticut Food Bank](http://www.ctfoodbank.org) is the state's non-profit leader in the fight against hunger and is the largest provider of charitable food donations. Nearly 700 vital grassroots programs depend upon the Connecticut Food Bank as a lifeline to nutritious food for the communities they serve. The Connecticut Food Bank partnered last year with retailers, donors, volunteers and growers to coordinate the distribution of 22 million pounds of food to more than 300,000 people across 127 cities and towns in six Connecticut counties, covering 4,376 square miles. Visit us on the web at www.ctfoodbank.org, like us [Facebook](#) and follow [@CTFoodBank](#) on Twitter.

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