

SEPTEMBER: 30 WAYS IN 30 DAYS



**NEIGHBORS.
EMPOWERED.**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Go Orange digitally! Change your Facebook or Instagram profile pic or cover photo for the month.	2 Find out where your local food pantries are located and see how you can get involved!
3 When you sit down for a meal with family or friends, talk about the issue of hunger in your community.	4 <small>LABOR DAY</small> Host a holiday potluck to discuss hunger and how guests can make a difference.	5 Call us at 630.443.6910 to find ways you can volunteer close to home.	6 Write an article about hunger for your congregation or community group newsletter.	7 Share one of our YouTube videos on your social media.	8 Contact your faith community to organize or participate in a food drive.	9 Hold a virtual food drive encouraging individuals and groups to pledge contributions.
10 Shop our limited edition 40 th anniversary apparel collection.	11 Take up collections at your office, school, or church. Ask if your employer will match your donation.	12 Pick veggies from your garden and donate them to a local pantry.	13 Contact a local pantry to find out how you can help solve hunger in your community.	14 Ask coworkers to brown bag lunch next week and donate money saved to a local pantry.	15 <small>HUNGER ACTION DAY</small> Wear orange to raise awareness and post a pic on social media to tell your friends.	16 Like us on Facebook so you're sure to stay in the know on how you can help those with food insecurity.
17 Donate a grocery store gift card to your local food pantry so they can purchase high-need items.	18 Make coffee at home this week; donate the money saved to your local pantry.	19 Volunteer at a local food pantry with your family.	20 Share a fact about hunger on Facebook, Instagram or TikTok.	21 Sign up for your local Crop Walk.	22 Establish an ongoing donation to your local food pantry or food bank.	23 Sign up for your local pantry's email or newsletter to stay in touch and up-to-date.
24 Share one of our Food Bank's blogs on social media.	25 Read a book about hunger (like Uncle Willie and the Soup Kitchen) to your kids or grandkids.	26 Ask local restaurants to designate a day to give a portion of their profits to a local food pantry.	27 Like us on Instagram to share inspirational posts with your friends.	28 Check with your local food pantry on what their needs are, then organize a neighborhood food drive.	29 Live on a SNAP food budget of \$5/day for a week!	30 Invite one of your locally elected officials to visit your local food pantry.

Take ACTION this Hunger Action Month!

Share this calendar with everyone — friends, family, neighbors, coworkers, and more — because together, we ARE Solving hunger.

Learn More at:
SolveHungerToday.org/Action

