

HUNGER ACTION MONTH SEPTEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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30 WAYS IN 30 DAYS

Join Second Harvest Food Bank in the fight against hunger this September! Pick one or more of the activities on this calendar in observance of Hunger Action Month™ and let us know about it!

Begin setting aside one nonperishable item each day to donate to at the end of the month. **1**

2 Host a Labor Day BBQ and invite guests to bring a donation for SHFB.



3 **Labor Day** Set an empty plate out at dinner to remember those who will go without a meal this holiday.

4 Hang a **30 Ways in 30 Days** calendar on the fridge in your office's staff lounge.

5 Share this **30 Ways in 30 Days** calendar with a friend or family member.

6 Ask your employer to host a fundraiser or to match donations to SHFB throughout the month.

7 Connect with Second Harvest on Facebook, Twitter, and Instagram!



8 Display an orange ribbon or light outside your home.



9 Set up a food drive with your congregation to benefit SHFB.



10 Visit our website to check out volunteer opportunities at SHFB. nwpafoodbank.org

11 Write a letter to a newspaper editor or post a blog about hunger.



12 Bookmark SFHB's website on your web browser.



13 Wear orange for **Hunger Action Day** and post a picture of it to our Facebook page.

14 Post a hunger fact and promote SHFB on social media.



15 Live the day on a SNAP (food stamp) budget (\$4.20/day) & share the experience on social media.

16 Google "Hunger in the USA." Read an article and then take a moment to reflect.

17 Sign up for AmazonSmile and designate SHFB as your charity.



18 Find a local soup kitchen or food pantry using our website's "Agency Locator" and contact them to volunteer.

19 Share your thoughts on hunger on a paper plate and post to social media.



20 Donate the money you normally spend on your morning coffee to SHFB.



21 Donate a grocery or gas gift card to Second Harvest.

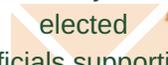


22 Like Feeding America on Facebook or follow on Twitter!



23 Set up a recurring donation to Second Harvest online and become a Hunger Hero.

24 Write your elected officials supporting funding for food bank programs.



25 Subscribe to receive SHFB's eNewsletter.



26 Schedule a tour at SHFB to learn more about how we alleviate hunger in NWP.

27 Send in a donation or donate online to Second Harvest in someone's honor or memory.

28 Drop off the nonperishable items you've collected this month to the SHFB Warehouse.

29 View hunger stats for NWP on Map the Meal Gap at <http://map.feedingamerica.org/>

30 Skip a meal in respect to those who will go without food today.

If you or your organization has questions about hosting a Hunger Action Month Food Drive or Fundraiser, please contact our Public Relations Coordinator at 814-459-3663 x 104 or tpursell@nwpafoodbank.org. Thank you for helping us to provide food to those in need while creating awareness and educating the community on the realities of hunger.