

2023 September

Hunger Action Month

30 Ways in 30 Days



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Join Second Harvest to take action against hunger this September! Participate in one or more of these activities in observance of Hunger Action Month and let us know about it! For questions about food drives or fundraisers, contact our Special Events & Volunteer Coordinator at (814) 459-3663 ext.113. For questions about the 2023 Farm Bill and how to take action, contact our Advocacy Coordinator at (814) 459-3663 ext.122.</i></p>					<p>1 Set aside one nonperishable item each day to donate to Second Harvest at the end of the month</p>	<p>2 Hang a 30 Ways in 30 Days calendar in a public location at your workplace</p>
<p>3 Share this 30 Ways in 30 Days calendar with a friend</p>	<p>4 <i>Labor Day</i> Host a BBQ & invite guests to bring a donation for Second Harvest</p>	<p>5 Display an orange light outside your home</p>	<p>6 Register to volunteer at Second Harvest</p>	<p>7 Ask your employer to host a fundraiser for Second Harvest</p>	<p>8 Set up a food drive to benefit Second Harvest</p>	<p>9 Live the day on a SNAP budget of \$6/day & share your experience on social media</p>
<p>10 Research Planned Giving Opportunities & consider adding Second Harvest</p>	<p>11 Schedule a tour of Second Harvest with family, friends or a church or work group</p>	<p>12 Set up a fundraiser to benefit Second Harvest</p>	<p>13 Post a hunger fact & promote Second Harvest on social media</p>	<p>14 Google "Hunger in America." Read an article & take a moment to reflect</p>	<p>15 Post a photo of you wearing orange for Hunger Action Day. Tag Second Harvest!</p>	<p>16 On a paper plate, write your thoughts about hunger & share on social media</p>
<p>17 View Map the Meal Gap hunger stats for your county at map.feedingamerica.org</p>	<p>18 Read about how the Farm Bill can help end hunger at feedingamerica.org/farmbill</p>	<p>19 Call on your Congress members to support nutrition programs in the 2023 Farm Bill</p>	<p>20 Take action for a strong 2023 Farm Bill at feedingamerica.org/farmbill</p>	<p>21 Learn about the food pantries & meal programs in your community at nwpafoodbank.org</p>	<p>22 Share one of Second Harvest's social posts on your own social media page</p>	<p>23 Subscribe to receive Second Harvest's eNewsletter</p>
<p>24 Connect with Second Harvest on Facebook, Twitter, Instagram, & LinkedIn</p>	<p>25 Donate the money you normally spend on a morning coffee to Second Harvest</p>	<p>26 Learn about Second Harvest & how to give back at nwpafoodbank.org</p>	<p>27 Set up a recurring donation to Second Harvest & become a Hunger Hero</p>	<p>28 Set an empty plate at your dinner table to remember those who will go without food today</p>	<p>29 Tag us in photos of your Hunger Action Month food drives & fundraisers</p>	<p>30 Drop off the nonperishables you've collected this month to Second Harvest</p>