

# 2024 September

# Hunger Action Month

## 30 Ways in 30 Days



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Set aside one nonperishable item each day to donate to Second Harvest at the end of the month	2 Labor Day Host a BBQ & invite guests to bring a donation for Second Harvest	3 Hang a 30 Ways in 30 Days calendar in a public location at your workplace	4 On a paper plate, write your thoughts about hunger & share on social media	5 Ask your employer to host a fundraiser for Second Harvest	6 Share this 30 Ways in 30 Days calendar with a friend	7 Set up a food drive to benefit Second Harvest
8 Set up a fundraiser to benefit Second Harvest	9 Display an orange light outside your home	10 Post a photo of you wearing orange for Hunger Action Day. Tag Second Harvest!	11 Register to volunteer at Second Harvest	12 Set up a recurring donation to Second Harvest & become a Hunger Hero	13 Learn about Second Harvest & how to give back at <a href="http://nwpafoodbank.org">nwpafoodbank.org</a>	14 Live the day on a SNAP budget of \$6/day & share your experience on social media
15 Research Planned Giving Opportunities & consider adding Second Harvest	16 Schedule a tour of Second Harvest with family, friends or a church or work group	17 Connect with Second Harvest on Facebook, Twitter, Instagram, & LinkedIn	18 Post a hunger fact & promote Second Harvest on social media	19 Google "Hunger in America." Read an article & take a moment to reflect	20 Set an empty plate at your dinner table to remember those who will go without food today	21 Share one of Second Harvest's social posts on your own social media page
22 View Map the Meal Gap hunger stats for your county at <a href="http://map.feedingamerica.org">map.feedingamerica.org</a>	23 Read about how the Farm Bill can help end hunger at <a href="http://feedingamerica.org/farmbill">feedingamerica.org/farmbill</a>	24 Call on your Congress members to support nutrition programs in the 2024 Farm Bill	25 Take action for a strong 2024 Farm Bill at <a href="http://feedingamerica.org/farmbill">feedingamerica.org/farmbill</a>	26 Learn about the food pantries & meal programs in your community at <a href="http://nwpafoodbank.org">nwpafoodbank.org</a>	27 Tag us in photos of your <b>Hunger Action Month</b> food drives & fundraisers	28 Subscribe to receive Second Harvest's eNewsletter
29 Donate the money you normally spend on a morning coffee to Second Harvest	30 Drop off the nonperishables you've collected this month to Second Harvest	<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 Strategic Gifts Coordinator at (814) 459-3663 ext. 113. For questions about the 2024 Farm Bill and how to take action, contact our Advocacy Coordinator at (814) 459-3663 ext. 122.</i></p>				