


Hunger Action Month

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Send an e-mail to your friends about Hunger Action Month.	2 Post this calendar at your workplace.	3 Join folks across the USA and wear orange today!	4 Find and "Like" Hunger-Free PA and Feeding Pennsylvania on Facebook.	5 Make your Facebook profile "Turn Orange for Hunger Relief™"
6 Share photos of you and your friends wearing orange for Hunger Action Day™.	7 Be sure to Tweet your support for #HungerActionMonth! 	8 Skip a meal, if you're healthy enough, to understand how hunger feels.	9 Cook a meal with your kids and discuss the importance of fighting hunger.	10 Schedule time to volunteer at your local food bank or food pantry.	11 Sign up for your local food bank's newsletter or e-mail list.	12 Make coffee at home and donate what you would have spent to your local food bank!
13 Grandparents Day! Send a donation to the food bank in their honor.	14 Donate a gas card to your local Meals on Wheels program.	15 Write a hunger article for your community group's newsletter.	16 Organize a neighborhood food donation.	17 Write a hunger message on a paper plate and post a photo on Facebook.	18 Write a letter to your elected official about hunger.	19 Adopt a family in need.
20 Take the SNAP Challenge. Live a week on the Food Stamp budget (\$4.20/day).	21 Set an empty plate at dinner to serve as a visual reminder of those in need.	22 Volunteer at your local library to read children's books about hunger awareness.	23 Tour your local food bank.	24 Find and "Like" your local food bank on Facebook.	25 Host a potluck dinner and discuss how you and your friends can fight hunger.	26 Challenge your friends to match your donation to your local food bank.
27 Contact your faith community about organizing a food drive.	28 Capitol All-Stars Softball Game in Harrisburg	29 Make a financial contribution to your local food bank.	30 Don't stop here: Keep fighting hunger every day of the year!			

"30 Ways in 30 Days"

**Together We
Can Solve
Hunger!™**