

30 WAYS IN 30 DAYS

YOU CAN TAKE ACTION AGAINST HUNGER

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Foodbank
of Southeastern Virginia
and the Eastern Shore

The Foodbank of Southeastern Virginia
and the Eastern Shore is a proud member of:



Foodbank of Southeastern Virginia
Eastern Shore Branch
PO Box 518
Tasley, VA 23441-0518
TAKE ACTION
foodbankonline.org

1
Plan a food and fund drive. To find out how, go to foodbankonline.org.

2
Copy this calendar and pass it on to a friend.

3
Purchase your tickets to Taste 2.0, the Foodbank's new 3 day event series.

4
Plan a Labor Day potluck, and be sure to share food stories and discuss how you can fight hunger.

5
Change your Facebook status to let others know you support the fight against hunger.

6
Have extra veggies from your garden? Donate them to the Foodbank.

7
Are you receiving our newsletter? If not, sign up at foodbankonline.org

8
Make a donation to the Foodbank during United Way Day of Caring.

9
Join us in Portsmouth as we kick off the Taste 2.0 event series with a culinary "tour" of Olde Towne.

10
Set an empty place at your dinner table to remind your family that there are others who struggle with hunger.

11
Observe a moment of silence for 9/11 and another for community members facing hunger.

12
Brown-bag your lunch today and donate your lunch money to the Foodbank.

13
Organize a neighborhood garage sale and donate proceeds to the Foodbank.

14
Today is Hunger Action Day! Wear orange for hunger awareness.

15
Buy peanut butter, then drop it off at the VA Beach Cheesecake Factory's Peanut Butter Drive on 9/16 between 11AM and 1PM.

16
Invite a Foodbank representative to speak at your school, church, or office.

17
Join the Foodbank on Facebook and Twitter and blog/tweet/post about Hunger Action Month using #HungerActionMonth

18
Make coffee at home this week instead of buying it. \$3 a day equals 9 meals a day.

19
Come take a tour of the Foodbank. Sign up for one on our website.

20
Write your local politician and encourage them to support food programs (food stamps, summer feeding programs).

21
Take a photo of an empty plate and post to social media with the question - "What can't you do on an empty stomach?" #HungerActionMonth

22
Savor every meal today, and remember how lucky you are to have food on the table and not have to worry where your next meal is coming from.

23
Come out to Scout Ready Day at Pembroke Mall.

24
Join us in Downtown Norfolk for the second leg of Taste 2.0, and experience Granby Street's thriving culinary scene.

25
Have the kids in your life draw pictures of the importance of food and display them at your office or on your fridge.

26
Learn about volunteering at the Foodbank at foodbankonline.org.

27
Get in the habit: Become a monthly Foodbank donor and help us in our fight to end hunger.

28
Take up a collection of food or money for the Foodbank at your office.

29
The First Lady of Virginia has proclaimed today a state-wide day of volunteering in support of Hunger Action Month.

30
5th Annual Road Rallye for the Foodbank rotaryhamptonroads.org

HUNGER ACTION MONTH



Together we can solve hunger™.