

# 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**  
800 Tidewater Drive  
Norfolk, VA 23504-3326

**TAKE ACTION**

[foodbankonline.org](http://foodbankonline.org)

**1**  
Plan a food and fund drive. To find out how, go to [foodbankonline.org](http://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](http://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](http://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**  
Donate your change to the Foodbank. 1 meal = 35 cents.

**HUNGER ACTION MONTH**



**Together we can solve hunger™.**