

Make a difference  
every day this month.

# SEPTEMBER IS HUNGER ACTION MONTH

The Foodbank of Southeastern Virginia and the Eastern Shore and food banks across the country in the Feeding America Network are spreading awareness of the 1 in 8 Americans who struggle with hunger. We challenge you all to spread awareness and join the movement to fight hunger in America by participating in the events and actions in the calendar below. #HungerActionMonth

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



Foodbank of Southeastern Virginia  
800 Tidewater Drive  
Norfolk, VA 23504-3326  
**TAKE ACTION**  
foodbankonline.org

**1**  
**Start**  
Start collecting your change. At the end of the month donate to the Foodbank.

**2**  
**Share**  
Share this calendar on your church bulletin board and spread the word about hunger.

**3**  
**Change**  
Change your Facebook status to let others know you support the fight against hunger.

**4**  
**Be Informed**  
Visit foodbankonline.org and enter your zip code to familiarize yourself with the nearest Foodbank distribution site.

**5**  
**Food Drive**  
Host a food drive at your school, work, or faith community.

**6**  
**Volunteer**  
Sign up for a volunteer day with family or friends.

**7**  
**Go Online**  
Start an Online Food Drive! Ask your family and friends to support you.

**8**  
**Experience**  
More than three billion of the world's population lives on less than \$3/day. See if you can meet your nutritional needs on that budget.

**9**  
**Honor**  
Today is Grandparents Day. Make a donation in their honor to the Foodbank.

**10**  
**Take a Selfie**  
Take a selfie with an empty plate, share it on your social media pages, and tag us.

**11**  
**Plant**  
Consider planting a community garden next spring and donate the produce to the Foodbank.

**12**  
**Give Up**  
Give up coffee, soda, or vending-machine snacks for one week and donate that money to hunger relief at the Foodbank.

**13**  
**Turn Orange!**  
Wear orange today to show your support for Hunger Action Day.

**14**  
**Talk**  
Talk about hunger with your family.

**15**  
**Run/Walk**  
Resurrection Evangelical Lutheran Church 5K benefiting the Foodbank. Register at register.chronotrack.com/r/31385.

**16**  
**Donate**  
Take a special collection today for the Foodbank. \$10 = \$60 worth of grocery products.

**17**  
**Tweet**  
Send out a tweet about hunger in your community and tag us.

**18**  
**Advocate**  
Elected Officials Engagement Day. Register at foodbankonline.org.

**19**  
**Set an Empty Plate**  
Let this be a reminder to you and those at your table of all those who are at risk of hunger.

**20**  
**Go Casual**  
Organize a casual/jeans day with your employer or school. Participants can donate to dress casual and funds will benefit the Foodbank.

**21**  
**It's Not Too Late!**  
Find out what events are coming up and volunteer.

**22**  
**Spread the Word**  
"Like" the Foodbank on your social networks.

**23**  
**Discuss**  
Host a potluck. Discuss how you can fight hunger.

**24**  
**Prepare**  
Build two emergency food boxes—one for your family and one for another in need, in case of a disaster.

**25**  
**Challenge**  
Take the SNAP challenge. See if you can meet your nutritional needs on \$5/day.

**26**  
**Tour**  
Schedule a visit and join us for a behind-the-scenes tour of the Foodbank.

**27**  
**Join**  
Contact the Foodbank and have your organization added to our email list.

**28**  
**Commit**  
Commit to helping us work to end hunger all year long. Set up your monthly gift at foodbankonline.org.

**29**  
**Join Us**  
Taste of Hampton Roads culinary "tour" of Olde Towne Portsmouth. For tickets and more information: foodbankonline.org

**30**  
**Invite**  
Invite a Foodbank representative to speak at your place of worship.

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

