

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
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 Honor Today is Grandparents Day. Make a donation in their honor to the Foodbank.	9 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.	10 Take a Selfie Take a selfie with an empty plate. Share it on your social media pages, and tag us! @foodbankSEVA	11 Plant Considering planting a community garden next spring and donate the produce to the Foodbank.	12 Hunger Action Day Please wear orange to show your support! and tag us on your social media pages. @foodbankSEVA	13 Give Up Give up coffee, soda or vending-machine snacks for a week and donate that money to hunger relief at the Foodbank.	14 Talk Talk about hunger with your family.
15 Charity Bowl Look for news coverage of the Priority Toyota Charity Bowl. We are a charity partner this year!	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. @foodbankSEVA	18 Join Contact the Foodbank and have your organization added to our email list.	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 Advocate Look for media coverage of Elected Officials Engagement Day and share news stories on social media.	21 It's Not Too Late! Find out what events are coming up and volunteer! Visit https://bit.ly/2Zi5HAh
22 Spread the Word "Like" the Foodbank on your social networks @FoodbankSEVA	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 Go Casual Organize a casual/jeans day with your employer or school. Participants can donate to dress casual and funds will benefit the Foodbank.	28 Commit Commit to helping us work to end hunger all year long. Set up your monthly gift at foodbankonline.org .
29 Music Match Have a favorite song or a playlist that you enjoy listening to on your music app? If so, donate the price of your favorite song to the Foodbank.	30 Invite Invite a Foodbank representative to speak at your place of worship.	HUNGER ACTION MONTH				

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Thank you to our
Hunger Action
Month presenting
sponsor, Kroger.



Leading the effort to eliminate
hunger in our community

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

