


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
<b>1</b> <b>Share</b> Share this calendar on your church bulletin board and spread the word about hunger.	<b>2</b> <b>Start</b> Start collecting your change. At the end of the month donate to the Foodbank.	<b>3</b> <b>Change</b> Change your Facebook status to let others know you support the fight against hunger.	<b>4</b> <b>Be Informed</b> Visit <a href="http://foodbankonline.org">foodbankonline.org</a> and enter your zip code to familiarize yourself with the nearest Foodbank distribution site.	<b>5</b> <b>Food Drive</b> Host a food drive at your school, work, or faith community.	<b>6</b> <b>Volunteer</b> Sign up for a volunteer day with family or friends.	<b>7</b> <b>Go Online</b> Start an online Food Drive! Ask your family and friends to support you.
<b>8</b> <b>Honor</b> Today is Grandparents Day. Make a donation in their honor to the Foodbank.	<b>9</b> <b>Experience</b> 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.	<b>10</b> <b>Take a Selfie</b> Take a selfie with an empty plate. Share it on your social media pages, and tag us! @foodbankSEVA	<b>11</b> <b>Plant</b> Consider planting a community garden next spring and donate the produce to the Foodbank.	<b>12</b> <b>Hunger Action Day</b> Wear orange to show your support and tag us on your social media pages. @foodbankSEVA	<b>13</b> <b>Give Up</b> Give up coffee, soda, or vending-machine snacks for a week and donate that money to hunger relief at the Foodbank.	<b>14</b> <b>Charity Bowl</b> Look for news coverage of the Priority Toyota Charity Bowl. We are a charity partner this year!
<b>15</b> <b>Donate</b> Take a special collection today for the Foodbank. \$10=\$60 worth of grocery products.	<b>16</b> <b>Talk</b> Talk about hunger with your family.	<b>17</b> <b>Tweet</b> Send out a tweet about hunger in your community and tag us. @foodbankSEVA	<b>18</b> <b>Join</b> Contact the Foodbank and have your organization added to our email list.	<b>19</b> <b>Set an Empty Plate</b> Let this be a reminder to you and those at your table, of all those who are at risk of hunger.	<b>20</b> <b>Advocate</b> Look for media coverage of Elected Officials Engagement Day and share news stories on social media.	<b>21</b> <b>It's Not Too Late!</b> Find out what events are coming up and volunteer! Visit <a href="https://bit.ly/2Zi5HAh">https://bit.ly/2Zi5HAh</a>
<b>22</b> <b>Spread the Word</b> "Like" the Foodbank on your social networks @FoodbankSEVA	<b>23</b> <b>Discuss</b> Host a potluck. Discuss how you can fight hunger.	<b>24</b> <b>Prepare</b> Build two emergency food boxes, one for your family and one for another in need in case of a disaster.	<b>25</b> <b>Challenge</b> Take the SNAP challenge. See if you can meet your nutritional needs on \$5/day.	<b>26</b> <b>Tour</b> Schedule a visit and join us for a behind-the-scenes tour of the Foodbank.	<b>27</b> <b>Go Casual</b> Organize a casual/jeans day with your employer or school. Participants can donate to dress casual to benefit the Foodbank.	<b>28</b> <b>Commit</b> Commit to helping us work to end hunger all year long. Set up your monthly gift at <a href="http://foodbankonline.org">foodbankonline.org</a> .
<b>29</b> <b>Invite</b> Invite a Foodbank representative to speak at your place of worship.	<b>30</b> <b>Music Match</b> 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.	<b>HUNGER ACTION MONTH™</b> MEMBER OF <b>FEEDING AMERICA</b>  Foodbank of Southeastern Virginia 800 Tidewater Drive Norfolk, VA 23504-3326 Eastern Shore Branch PO Box 518 Onley, VA 23418-0518				

## HUNGER ACTION MONTH™

MEMBER OF  
**FEEDING AMERICA**

 **Foodbank**  
of Southeastern Virginia  
and the Eastern Shore

Leading the effort to eliminate  
hunger in our community

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



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