

Hunger Action Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Share or print off this Hunger Action Calendar!	Follow us on Facebook and/or tag a friend too! 	Start a low-contact food drive! 	Become a Hunger Hero and schedule monthly donations.	Virtual Walkathon Ask family and friends to donate to the food bank for each mile you walk/run
6	7	8	9	10	11	12
A Place at the Table Watch and discuss this movie with family and/or friends.	Labor Day Host a Facebook fundraiser for the food bank	Follow us on Instagram! 	Research hunger in your community! 	Hunger Action Day! Wear ORANGE!	Day of Service Pledge to volunteer at the food bank.	Support your local farmer's market and buy extra to donate!
13	14	15	16	17	18	19
#HungerAction Post a photo of a comment on hunger on an empty plate on social media. Tag us.	Follow us on Twitter! 	Sign up for a food rescue shift with the food bank.	Host a potluck at work! Take your lunch money and donate!	Buy a stranger a meal.	Pledge to be an advocate for those who struggle to put a meal on the table.	Pledge to skip buying coffee for a week and make it at home. Donate what you would have spent.
20	21	22	23	24	25	26
Start a fall garden and pledge to donate 10% 	Sign up for a food distribution shift with the food bank.	Sign up for our newsletter and stay connected!	Buy 1, Give 1! While at the store (or ordering curbside), pick up extra for a family in need.	Skip one meal to help empathize with those who don't get to eat 3 meals a day.	Share the love. Share how you've taken action this month and tag us.	Crafty? Sew face masks and collect money or cans for the food bank.
27	28	29	30			
Find out if your company offers to match donations to the food bank.	Schedule your group to volunteer! 	Sign up for a warehouse shift with the food bank.	Bring in donations! Donations can be left at our office. Need a receipt? Email cceniseros@haysfoodbank.org .			