






# September 2024

# HUNGER ACTION MONTH

30 Ways in 30 Days: Take Action every day to help reduce food insecurity in our 20-county service area.

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SEPTEMBER  |
|---|---|--|--|--|---|--|
| 01<br><b>Share</b> this calendar with a friend!   | LABOR DAY 02<br><b>Host a Food Drive Cookout!</b> Ask family & friends to bring canned food donations for HHFB. | 03<br>Start a healthy food drive in your neighborhood: Contact <a href="mailto:fooddrives@harvesthope.org">fooddrives@harvesthope.org</a>        | 04<br>Can you spot an HHFB truck on the move? Take a picture & tag us on social media.   | 05<br>Collect change throughout the month to <b>donate</b> to HHFB.  | NATIONAL FOOD BANK DAY 06<br>Explore facts, stories & data about food insecurity & hunger at <a href="http://harvesthope.org">harvesthope.org</a> | 07<br><b>Grocery Shopping</b><br>When grocery shopping, purchase extra items to donate to HHFB.  |
| 08<br><b>Grandparents Day</b><br>Make an online donation in their honor at <a href="http://harvesthope.org">harvesthope.org</a> | FOOD FIGHT: 09<br>Divide Coworkers into teams, and collect the highest number of shelf-stable donations         | HUNGER ACTION DAY 10<br><b>DAY:</b> Register to vote or encourage someone to register. Your voice, your vote, matters!                           | 11<br>Orange is the color of Hunger Action Month - <b>Wear Orange today!</b>   | 12<br>Like & follow <b>Harvest Hope</b> on Facebook & Instagram & LinkedIn. Scan the QR code below.  | 13<br><b>Organize a Brown Bag Lunch with Co-workers</b> and donate what you would spend on lunch to HHFB.   | 14<br><b>NATIONAL FOOD IS MEDICINE DAY.</b> Take time to review how the Farm Bill impacts communities.   |
| 15<br>Like & Follow <b>Feeding America</b> on Facebook & Instagram & LinkedIn.  | 16<br><b>Matching Monday</b><br>See if your employer will match donations to HHFB.                              | 17<br><b>Advocate:</b> Contact your elected officials and urge them to fight hunger in your community.   | 18<br>Request a tour of one of our three facilities <a href="mailto:hfbvolunteer@harvesthope.org">hfbvolunteer@harvesthope.org</a> | 19<br><b>Empty Plate Awareness-Food Insecurity Effect on our Neighbors</b> Set an extra plate at your table for someone who won't eat today! | 20<br>Sign up for a volunteer shift at HHFB<br><a href="#">Volunteer   Harvest Hope</a>   | 21<br>Write a "Hope" note to a recipient of one of our outreach programs (Seniors, Children, Veterans) & <b>Drop off to one of the food bank locations Mon-Fri</b> |
| 22<br>Talk about food insecurity with your family and friends   | 23<br>Stay Informed<br>Don't miss a thing! Get important updates on the latest Food bank News by email.         | 24<br><b>Shop HHFB's Amazon Wishlist</b><br><a href="#">Amazon Gift List</a>   | 25<br>Be a Hero for Hunger & become a HHFB Monthly donor<br><a href="#">Give Monthly   Harvest Hope</a>                            | 26<br>Donate all non-perishable food items you've collected this month to HHFB today.  | 27<br><b>Skip coffee</b> and donate \$5 to HHFB   | 28<br><b>Share</b> your favorite action taken this month on social media.  |
| 29<br>Post a Full Plate Picture on social media and tag Harvest Hope with a food insecurity fact you learned.                   | 30<br><b>Continue</b><br>Take what you learned this month & support HHFB all year long!                         | GET INVOLVED:<br>Volunteer<br>Donate<br>Host a food drive<br> |  | FOLLOW US ON SOCIAL MEDIA<br>                           |   | SHOP OUR WISH LIST<br>  |

