



Join us this September in the fight against hunger.

HUNGER ACTION MONTH™



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Start
Start collecting your change. At the end of the month donate it to Feed More.

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

3 Change
Change your Facebook profile picture to include the Feeding America frame.

4 Create
Make birthday, holiday or greeting cards for our Meals on Wheels recipients.

5 Continue
Help us work to end hunger in Central Virginia all year long with a recurring monthly gift!

6 Host a Party
Ask your guests to bring a bag of nonperishable items to donate to Feed More.

7 Tweet
Send out a tweet about hunger in your community and tag us (@FeedMoreInc).

8 Honor
Today is Grandparents Day. Make a donation in their honor to Feed More.

9 Tour
Schedule a visit and join us for a behind the scenes tour of Feed More.

10 Check it Out
Visit FeedMore.org and learn about our mission and impact in Central Virginia.

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

12 Turn Orange!
Wear orange today to show your support for hunger relief efforts.

13 Go Online
Start an online fundraiser! Ask your family and friends to support you.

14 Experience
Have you been impacted by hunger? Share your story with us!

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

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

17 Plant
Consider planting a community garden next spring and donate the produce to Feed More.

18 Give Up
Give up coffee, soda or vending machine snacks for one week and donate that money to hunger relief at Feed More.

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

20 Shop
Support Feed More while you shop on [smile.amazon.com](https://www.smile.amazon.com).

21 Talk
Talk about hunger with your family.

22 Donate
Take a special collection today for Feed More. \$10 helps provide 40 meals.

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

24 Pack a Lunch
Pack a lunch and donate what you would have spent to Feed More.

25 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.

26 Go Casual
Organize a casual day with your employer or school. Participants can donate to dress casual and funds will benefit Feed More.

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

28 Spread the Word
"Like" Feed More on your social networks.

29 Invite
Invite a Feed More representative to speak at your place of worship.

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

Feed More 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 to spread awareness and join the movement to fight hunger in your community by participating in the events and actions in our calendar.
#HungerActionMonth

Together, we can end hunger one helping at a time.