

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



FEED MORESM

FeedMore
1415 Rhoadmiller St.
Richmond, VA 23220

TAKE ACTION

FeedMore.org

1

Start

Start collecting your change. At the end of the month donate to FeedMore.

2

Share

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

3

Change

Change your Facebook profile picture or cover photo to an image of orange for the month.

4

Check It Out

Visit FeedMore.org and get acquainted with us and learn about our mission.

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 fundraiser! Ask your family and friends to support you.

8

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.

9

Honor

Today is Grandparents Day. Make a donation in their honor to FeedMore.

10

Take a Selfie

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

11

Plant

Consider planting a community garden next spring and donate the produce to FeedMore.

12

Give Up

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

13

Turn Orange!

Wear Orange today to show your support for hunger-relief efforts.

14

Walk

Organize a Hunger Awareness Walk.

15

Talk

Talk about hunger with your family.

16

Donate

Take a special collection today for FeedMore. \$10 = 40 meals.

17

Tweet

Send out a tweet about hunger in your community and tag us.

18

Pack a Lunch

Pack lunch and donate what you would have spent to FeedMore.

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

Go Casual

Organize a casual/jeans day with your employer or school. Participants can donate to dress casual and funds will benefit FeedMore.

21

It's Not Too Late!

Find out what events are coming up and volunteer.

22

Spread the Word

"Like" FeedMore on your social networks.

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 FeedMore.

27

Join

Contact FeedMore and have your organization added to our email list.

28

Continue

Help us work to end hunger in Central Virginia and beyond all year long.

29

Host a Party

Ask your guests to bring a bag of non-perishable items to donate to FeedMore.

30

Invite

Invite a FeedMore representative to speak at your place of worship.

HUNGER ACTION MONTH

MEMBER OF
**FEEDING
AMERICA**