

# SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>30 days of hunger action</b> <b>#HungerActionMonth</b></p>			<p><b>1</b></p> <p><b>Share This Calendar</b></p> <p>Food shouldn't be an impossible choice. Share this calendar on social media and spread the word about hunger. #HungerActionMonth</p>	<p><b>2</b></p> <p><b>Be a Social Media Ambassador</b></p> <p>Use your social media powers for good! Become a networked volunteer for the Food Bank. foodbankcenc.org/SMA</p>	<p><b>3</b></p>  <p><b>Volunteer at the Farm</b></p> <p>Volunteer at the Food Shuttle farm: foodshuttle.org/volunteer</p>	<p><b>4</b></p> <p><b>Impossible Choice</b></p> <p>Read real stories about people facing food insecurity at feedingamerica.org</p>
<p><b>5</b></p> <p><b>Read the Food Bank's Fall Newsletter</b></p> <p>Visit foodbankcenc.org/newsletter.</p>	<p><b>6</b></p> <p><b>Labor Day</b></p> <p>How will you choose to end hunger? Share on social media with the hashtag #HungerActionMonth</p>	<p><b>7</b></p> <p><b>Matched Donations</b></p> <p>Make a donation to the Food Shuttle and have it matched through your company's matching gift fund.</p>	<p><b>8</b></p>  <p><b>Volunteer</b></p> <p>Volunteer at any of the Food Bank's six branch locations. foodbankcenc.org/volunteer</p>	<p><b>9</b></p> <p><b>Farm Stand</b></p> <p>Stop by the Food Shuttle Farm Stand and purchase locally-grown, chemical-free produce that benefits Food Shuttle programs to end hunger.</p>	<p><b>10</b></p> <p><b>Organize a Food Drive</b></p> <p>Get neighbors, friends, &amp; family involved to give back! Download the toolkit: foodbankcenc.org/FoodDrive</p>	<p><b>11</b></p> <p><b>Cooking Matters</b></p> <p>Become a Cooking Matters volunteer at the Food Shuttle: foodshuttle.org/volunteer</p>
<p><b>12</b></p> <p><b>National Grandparents Day</b></p> <p>Show your love by making a donation to the Food Bank in their honor. foodbankcenc.org/Tribute</p>	<p><b>13</b></p> <p><b>Food for Thought</b></p> <p>Sign up for the Food Shuttle's monthly e-newsletter at foodshuttle.org</p>	<p><b>14</b></p> <p><b>September is Better Breakfast Month</b></p> <p>Hold a food drive to raise healthy breakfast food like oatmeal and low sugar cereals!</p>	<p><b>15</b></p> <p><b>Students Against Hunger</b></p> <p>Encourage your school to join this annual student food drive &amp; competition. foodbankcenc.org/SAH</p>	<p><b>16</b></p> <p><b>Volunteer in the Garden</b></p> <p>Volunteer at the Camden Street Learning Garden in Raleigh or the Geer Street Learning Garden in Durham: foodshuttle.org/volunteer</p>	<p><b>17</b></p> <p><b>Hunger Action Day®</b></p> <p>Wear orange and share via social media why you support hunger relief. #HungerActionDay</p>	<p><b>18</b></p>  <p><b>Donate</b></p> <p>For every dollar donated, we can provide 5 meals to a neighbor in need. Give today! foodbankcenc.org/donate</p>
<p><b>19</b></p> <p><b>Speak Out</b></p> <p>Post on Facebook, tweet, write a blog post, or submit a Letter to the Editor to show your support of Hunger Action Month.</p>	<p><b>20</b></p> <p><b>Grocery Shopping</b></p> <p>When grocery shopping, purchase extra items to donate to the Food Shuttle.</p>	<p><b>21</b></p> <p><b>Visit Our Blog</b></p> <p>Get an in-depth view of our work &amp; read stories of the people we serve. foodbankcenc.org/blog</p>	<p><b>22</b></p> <p><b>Take Action</b></p> <p>Write letters to your local elected officials and urge them to fight hunger in your community. feedingamerica.org/take-action/raise-your-voice</p>	<p><b>23</b></p> <p><b>Grocery Bags for Seniors</b></p> <p>Volunteer to help pack and deliver grocery bags for seniors. foodshuttle.org/volunteer</p>	<p><b>24</b></p> <p><b>Go Orange</b></p> <p>Light your home or office orange and encourage your communities to do the same.</p>	<p><b>25</b></p> <p><b>Organize</b></p> <p>Organize a community food drive and donate to the Food Shuttle: foodshuttle.org/fooddrive</p>
<p><b>26</b></p> <p><b>Stay Informed</b></p> <p>Don't miss a thing! Get important updates on the latest Food Bank news by email. foodbankcenc.org/signup</p>	<p><b>27</b></p>  <p><b>Donate</b></p> <p>Take action against hunger. Donate at foodshuttle.org/donate</p>	<p><b>28</b></p> <p><b>Virtual Food Drive</b></p> <p>Hosting a food drive has never been so easy! Start a team or hold one as an individual online. foodbankcenc.org/VFD</p>	<p><b>29</b></p> <p><b>Sharing is Caring</b></p> <p>Share what you've learned during #HungerActionMonth on social media and with friends and family.</p>	<p><b>30</b></p> <p><b>Continue</b></p> <p>Take what you learned this month and support the Food Bank and Food Shuttle all year long.</p>	 	