

# HUNGER ACTION MONTH 2016

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Food Bank  
of the Albemarle**

Fighting Hunger in Northeast NC



**On social media, use the hashtag #hungeractionmonth all through September to find out what's going on! For more information call us at 252-335-4035**

**1 Post this Calendar on your office or home fridge as a daily reminder!**



**2 WALK FOR HUNGER**  
Sign your team up for the 33rd Annual Walk for Hunger

**3 Write on a paper plate what you can't do on an empty stomach and take a pic to share on social media**

**4 GO ORANGE!**  
Wear orange and change your social media pic

**5 Come volunteer at the Food Bank.** (Please call ahead for volunteer opportunities, 252-335-4035, ext. 113)


**6** Brown bag your lunch and donate your lunch money to the food bank

**7** Plan a **Food Drive!** Call 252-335-4035, ext 114 or visit [www.afoodbank.org](http://www.afoodbank.org)

**8** Shoot a Vine video and say what you can't do on an empty stomach

**9** Organize your office to **WEAR ORANGE** and take a group pic for social media! #HAM

**10 Like us on Facebook!**



**11 Grandparent's Day!** Honor your family with a donation to the food bank

**12**   
Follow us on Twitter!  
@FoodBankerEC


**13 Dine Out to Help Out**   
**Sept. 13th**  
*In Beaufort, Bertie, Gates, Hertford, Hyde, Martin, Northampton, Tyrrell & Washington Counties*

**14**   
Invite an FBA rep to come speak to your community

**15** Send a letter to State and Federal elected officials supporting hunger relief efforts.

**16** View the statistics of hunger at  
**Map the Meal Gap**  
[map.feedingamerica.org](http://map.feedingamerica.org)

**17** Donate any **extra produce** from your garden to the food bank or food pantry



**18** **Get the Facts!**  
Learn about hunger in northeast NC at [www.afoodbank.org](http://www.afoodbank.org)

**19** **Speak Out!**  
If hunger has affected your family, share your story of how a food pantry helped you

**20** Share FBA's Hunger Action Month posts on social media!  


**21** Donate a grocery store gift card to your local food pantry.  


**22** Become a **Sustainer** and support Food Bank of the Albemarle monthly

**23** **Get involved!**  
Visit [www.afoodbank.org](http://www.afoodbank.org) and find a food pantry in your area

**24** Hold a **yard sale** and donate a portion of the proceeds to the food bank or your local food pantry

**25** Hold a **food drive** at your church as a part of the morning worship or with the youth group

**26** **Call and schedule a tour to see how the Food Bank of the Albemarle operates**

**27** Pick up a few extra items to donate on your next grocery shopping trip

**28** Invite your friends and family to **LEARN MORE ABOUT HUNGER** in northeast NC!

**29** Check our Amazon Smile and Support Food Bank of the Albemarle while you shop!  
[Smile.amazon.com](http://Smile.amazon.com)

**30** Watch the documentary film **"A Place at the Table"**

