

# HUNGER ACTION MONTH

## September 2017

Sunday

Monday

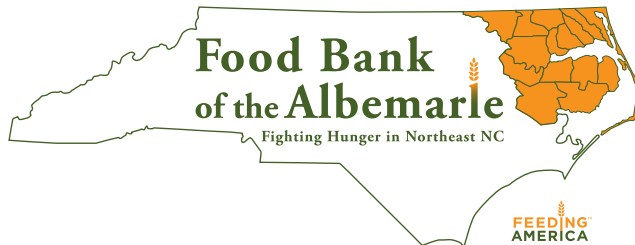
Tuesday

Wednesday

Thursday

Friday

Saturday



There are currently 58,040 people in the Food Bank's 15-county service area facing food insecurity. Will you be the voice against hunger? Use this Hunger Action Month Calendar to inspire your friends, co-workers, congregation and neighbors to fight against hunger. Learn more at [www.afoodbank.org](http://www.afoodbank.org)

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

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

3 Like us on Facebook!



4 **LABOR DAY**  
If you hold a **cookout**, ask guests to bring donations for the Food Bank!



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



6 Sign your team up for the Walk for Hunger!

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



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

9 **We're Open and Welcome Volunteers!\***



\*Please schedule at least two days prior.

10 Celebrate **GRANDPARENT'S DAY** with a donation to the Food Bank in their honor!

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



12 **Dine Out to Help Out**  
**Sept. 12th**  
In Beaufort, Bertie, Hertford, and Martin Counties.



13 Allow office staff to **WEAR ORANGE** and take a group pic for social media! #HAM

14 It's Hunger Action Day!  
Invite a Food Bank rep to come speak to your church or business.



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

16 View the latest statistics of hunger at



[map.feedingamerica.org](http://map.feedingamerica.org)

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

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

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

20 **FALL into giving!**  
For every dollar donated, we can provide about 5 lbs. of food, or 4 meals!



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



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

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

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

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

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

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

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

29 Brown bag your lunch and donate your lunch money to the food bank

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