HUNGER ACTION MONTH 30 WAYS IN 30 DAYS CALENDAR



Together We Can Solve Hunger™

SEPTEMBER 2013

Vermont Foodbank www.vtfoodbank.org

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Sign-up to receive the Vermont Foodbank e-news at vtfoodbank.org	2 LIKE the Vermont Foodbank on	3 Gather your friends for the Uno's event on September 5th. Learn more at vtfoodbank.org	4 Organize a brownbag lunch with co-workers and donate your lunch money to the Vermont Foodbank	5 Go orange! Visit a participating business and get your orange bird sticker. Wear orange or Go Orange digitally.	6 Change your Facebook profile picture orange	7 Pick for Your Neighbor is gearing up! Learn more at vtfoodbank.org/ orange
8 Grandparents Day! Send a donation to the Foodbank in their honor.	9 Post this calendar on the Office fridge	10 Sign-up to become a monthly donor. \$10 feeds one person, once a day, the whole month!	Tour the Vermont Foodbank	12 Find budget and healthy meals on our Pinterest boards.	13 Download the Charity Miles App on your smartphone and start earning meals for the Foodbank when you walk, bike, or run.	14 Join us for Family Philanthropy day. Learn more at vtfoodbank.org/ orange
15 Donate extra veggies from your garden to a local food shelf. For a list of agencies in your community visit vtfoodban.org	16 Follow us on Twitter	Share a hunger fact with friends	18 Watch us on YouTube You Tube	19 Make coffee at home and donate what you would have spent to the Foodbank	20 Watch the film A Place at the Table and tell us what you think. You can rent it on iTunes.	Participate in the Cars & Coffee of Vermont. Learn more here.
Donate your status for hunger	23 Learn more about hunger and poverty in your county at Map the Meal Gap	24 Start the SNAP Challenge. Eat on \$5 a day.	Write a letter to a newspaper editor about hunger in Vermont	Volunteer at the Vermont Foodbank	27 Register to vote or encourage others to register	28 Find a food shelf or meal site in your community by visiting our agency locator.vtfoodbank. org/FindFoodShelf/ AgencyLocator.aspx
29 Blog/tweet/post what you are doing to take action during Hunger Action month. Tag the Foodbank.	30 Hunger doesn't end here. Get involved in the fight against hunger year round at vtfoodbank.org					

1 in 7 Vermonters struggles with hunger. Join us this September because TOGETHER we can solve hunger.

