

WHAT IS HUNGER ACTION MONTH?

September is Hunger Action Month—the Feeding America® network’s nationwide awareness campaign designed to mobilize the public to take action on the issue of hunger. The campaign brings attention to the reality of food insecurity in the United States and promotes ways for individuals across the U.S. to get involved in the movement to help end hunger.



WE CAN END HUNGER - ONE HELPING AT A TIME - SEPTEMBER 2019

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

HUNGER ACTION MONTH™



31
Prepare
Save this calendar and follow us on social media for updates all month long.

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|--|---|---|---|--|---|--|
| <p>1
Start
Start collecting your spare change now and donate it at the end of the month.</p> | <p>2
Learn
Get to know those who rely on Forgotten Harvest by watching the videos on our website.</p> | <p>3
Collect
Sign your child's school up for Coins that Count, which teaches kids about hunger. Contact lburton@forgottenharvest.org.</p> | <p>4
Pack a Lunch
And feed a bunch! Donate your lunch money. Every \$1 donated equals \$7 worth of food we are able to provide.</p> | <p>5
Attend
Women's Harvest Lunch. Go to forgottenharvest.org/events for more information.</p> | <p>6
Visit
Schedule a visit and join us for a behind the scenes tour of Forgotten Harvest.</p> | <p>7
Invite
Invite Forgotten Harvest to speak at your place of worship, school, or business. Contact lburton@forgottenharvest.org.</p> |
| <p>8
Talk
Set an empty plate. Use this as a reminder of all those who are at risk for hunger.</p> | <p>9
Go Casual
Set up a casual or jeans day with your employer or school. People can donate to dress casual.</p> | <p>10
Volunteer
Volunteer with your friends, family, or coworkers. Visit forgottenharvest.org/volunteer.</p> | <p>11
Pack a Lunch
And feed a bunch! Donate your lunch money one day a week for the whole month.</p> | <p>12
Turn Orange!
Wear orange for Hunger Action Day*! People all over the country are teaming up to raise awareness about food insecurity.</p> | <p>13
Say Thanks
Thank a person who inspires you to volunteer, donate, and remain active in your community.</p> | <p>14
Follow
Follow us on social media to learn about food insecurity and food rescue all year round.</p> |
| <p>15
Recycle Day
Try to recycle as much as you can for one day to see the impact one day and one family can have.</p> | <p>16
Smile
Set up your Amazon Smile account and start using it. It's the very same Amazon products, but a part of each purchase is donated.</p> | <p>17
Give Up
Give up coffee, pop, or vending machine snacks for one week and donate the money. Each dollar fuels 4 meals for hungry families.</p> | <p>18
Pack a Lunch
And feed a bunch! Donate your lunch money one day a week for the whole month. The \$\$ adds up fast.</p> | <p>19
Thank You
Thank your grocer or local food market for donating surplus food to Forgotten Harvest.</p> | <p>20
Plant
Consider planting a community garden next spring and give the produce to Forgotten Harvest.</p> | <p>21
Experience
Approximately three billion people live on less than \$3/day. See if you can meet your nutritional needs on that budget.</p> |
| <p>22
Visit
Visit Forgotten Harvest Farms, 92 beautiful acres that grows healthy food for families in need. Sign up at forgottenharvest.org/volunteer.</p> | <p>23
Go Casual
Try and double the number of people to join your efforts and double your donation.</p> | <p>24
Cook
Cook a meal with your family or friends and talk about hunger and food waste.</p> | <p>25
Pack a Lunch
And feed a bunch! Donate your lunch money. Every \$5 donated equals \$35 worth of food we are able to provide.</p> | <p>26
Take a Selfie
Post a selfie with an empty plate and say something you can't do on an empty stomach. Tag us, and challenge a friend to participate.</p> | <p>27
Thank You
Thank your grocer or local food market for donating surplus food to Forgotten Harvest.</p> | <p>28
Donate
Donate that spare change you've collected to help families in metro Detroit all year long!</p> |
| <p>29
Continue
It's not too late! Sign up to volunteer at forgottenharvest.org/volunteer to see how your donations are put to work.</p> | <p>30
Teach
Tell us your favorite tip to reduce food waste! We'd love to hear what you do. Tag us on Facebook, Instagram or Twitter to share with us.</p> | | | <p>WE NEED YOUR HELP!
EVERY \$1 YOU DONATE
EQUALS \$7 OF FOOD WE
ARE ABLE TO PROVIDE
DONATE NOW!</p> | | |