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| **30 days of hunger action**  
**#HungerActionMonth** | | | | | | |

**SUNDAY, SEPTEMBER 4**
- **Read the Food Bank’s Fall Newsletter**
  - Visit [foodbankcenc.org/newsletter](http://foodbankcenc.org/newsletter)

**TUESDAY, SEPTEMBER 6**
- **Matched Donations**
  - Make a donation to the Food Shuttle and have it matched through your company’s matching gift fund.

**WEDNESDAY, SEPTEMBER 7**
- **Volunteer**
  - Volunteer at any of the Food Bank’s six branch locations: [foodbankcenc.org/volunteer](http://foodbankcenc.org/volunteer)

**THURSDAY, SEPTEMBER 8**
- **Share This Calendar**
  - Food shouldn’t be an impossible choice. Share this calendar on social media and spread the word about hunger. #HungerActionMonth

**FRIDAY, SEPTEMBER 9**
- **Volunteer at the Farm**
  - Volunteer at the Food Shuttle farm: [foodshuttle.org/volunteer](http://foodshuttle.org/volunteer)

**SATURDAY, SEPTEMBER 10**
- **Impossible Choice**
  - Read real stories about people facing food insecurity at [feedingamerica.org](http://feedingamerica.org)

**SUNDAY, SEPTEMBER 11**
- **National Grandparents Day**
  - Show your love by making a donation to the Food Bank in their honor. [foodbankcenc.org/Tribute](http://foodbankcenc.org/Tribute)

**MONDAY, SEPTEMBER 12**
- **Food for Thought**
  - Sign up for the Food Shuttle’s monthly e-newsletter at [foodshuttle.org](http://foodshuttle.org)

**TUESDAY, SEPTEMBER 13**
- **September is Better Breakfast Month**
  - Hold a food drive to raise healthy breakfast food like oatmeal and low sugar cereals!

**WEDNESDAY, SEPTEMBER 14**
- **Students Against Hunger**
  - Encourage your school to join this annual student food drive & competition. [foodbankcenc.org/SAH](http://foodbankcenc.org/SAH)

**THURSDAY, SEPTEMBER 15**
- **Volunteer in the Garden**
  - Volunteer at the Camden Street Learning Garden in Raleigh or the Geer Street Learning Garden in Durham: [foodshuttle.org/agriculture](http://foodshuttle.org/agriculture)

**FRIDAY, SEPTEMBER 16**
- **Organize a Food Drive**
  - Get neighbors, friends, & family involved to give back! Download the toolkit: [foodbankcenc.org/FoodDrive](http://foodbankcenc.org/FoodDrive)

**SATURDAY, SEPTEMBER 17**
- **Go Orange**
  - Light your home or office orange and encourage your communities to do the same.

**SUNDAY, SEPTEMBER 18**
- **Speak Out**
  - Post on Facebook, tweet, write a blog post, or submit a Letter to the Editor to show your support of Hunger Action Month.

**MONDAY, SEPTEMBER 19**
- **Grocery Shopping**
  - When grocery shopping, purchase extra items to donate to the Food Shuttle [foodshuttle.org/donate-food](http://foodshuttle.org/donate-food)

**TUESDAY, SEPTEMBER 20**
- **Visit Our Blog**
  - Get an in-depth view of our work & read stories of the people we serve.[foodbankcenc.org/blog](http://foodbankcenc.org/blog)

**WEDNESDAY, SEPTEMBER 21**
- **Take Action**
  - Write letters to your local elected officials and urge them to fight hunger in your community. [feedingamerica.org/take-action/raise-your-voice](http://feedingamerica.org/take-action/raise-your-voice)

**THURSDAY, SEPTEMBER 22**
- **Grocery Bags for Seniors**
  - Volunteer to help pack and deliver grocery bags for seniors. [foodshuttle.org/senior-nutrition](http://foodshuttle.org/senior-nutrition)

**FRIDAY, SEPTEMBER 23**
- **Hunger Action Day®**
  - Wear orange and share via social media why you support hunger relief. #HungerActionDay

**SATURDAY, SEPTEMBER 24**
- **Food Bank Volunteer Festival**
  - From 10am-2pm at the Raleigh Branch, enjoy fun for all ages.

**SUNDAY, SEPTEMBER 25**
- **Stay Informed**
  - Don’t miss a thing! Get important updates on the latest Food Bank news by email. [foodbankcenc.org/signup](http://foodbankcenc.org/signup)

**MONDAY, SEPTEMBER 26**
- **Donate**
  - Take action against hunger. Donate at [foodshuttle.org/donate](http://foodshuttle.org/donate)

**TUESDAY, SEPTEMBER 27**
- **Virtual Food Drive**
  - Hosting a food drive has never been so easy! Start a team or hold one as an individual online. [foodbankcenc.org/VFD](http://foodbankcenc.org/VFD)

**WEDNESDAY, SEPTEMBER 28**
- **Be a Social Media Ambassador**
  - Use your social media powers for good! Become a networked volunteer for the Food Bank. [foodbankcenc.org/SMA](http://foodbankcenc.org/SMA)

**THURSDAY, SEPTEMBER 29**
- **Sharing is Caring**
  - Share what you’ve learned during #HungerActionMonth on social media and with friends and family.

**FRIDAY, SEPTEMBER 30**
- **Continue**
  - Take what you learned this month and support the Food Bank and Food Shuttle all year long.