

HUNGER ACTION MONTH™



SEPTEMBER





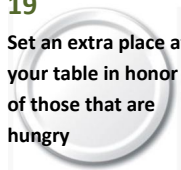




2014



HungerActionMonth.org

Second Harvest Food Bank

of the Mahoning Valley

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 Labor Day! Collect food from BBQ guests for the food bank	2 Post this calendar on the office fridge 	3 Organize a brown bag lunch with co-workers and donate your lunch money to the food bank	4 Hunger Action Day!™ Wear orange to show your support!	5 Tag the Food Bank in the photos of you wearing orange www.facebook.com/SHFBMV	6 "Turn Orange for Hunger Relief™" and make your Facebook profile orange	
7 Grandparents Day! Send a donation to the Food Bank in their honor	8 Ask if your employer will match employee donations to the Food Bank 	9 Like us on  facebook.com/SHFBMV	10 Tour Second Harvest Food Bank of the Mahoning Valley	11 Request the food bank newsletter to keep in touch! 	12 Dress-down Friday in exchange for a donation to the Food Bank	13 Fill a shopping bag with non-perishable food items to donate to the Food Bank	
14 Make coffee at home for a week and donate the savings to the Food Bank	15 Vote for Second Harvest to receive a \$60,000 grant on www.walmart.com/fightinghunger	16 Take the SNAP challenge and eat on just \$5 a day	17 Invite a food bank representative to speak at your group's next meeting	18 Drop off a box of Mac & Cheese to Armstrong Cable in North Lima!	19 Set an extra place at your table in honor of those that are hungry 	20 Call 211 to find out where your nearest food pantry is located and how you can help	
21 Coordinate a group of friends or co-workers to volunteer at the food bank	22 Collect jars of peanut butter from your neighbors	23 Organize a Tuna Tuesday food drive 	24 Search for Feeding America on YouTube and share their videos with your friends	25 Volunteer to serve meals at a soup kitchen	26 Like Feeding America on 	27 Visit our website to make a donation online	
28 Add your support to Feeding America's Feeding A Strong Future pledge on Facebook	29 Donate your status for hunger relief 	30 Donate 30 non-perishable items to the Food Bank 	49 million people in America struggle with hunger. You can help. Take action all month long. 30 days, 30 ways!				

www.mahoningvalleysecondharvest.org

www.facebook.com/SHFBMV #HungerAction

