

SEPTEMBER 2019 | 30 WAYS IN 30 DAYS

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Change your profile photo or add a Hunger Action Month frame on social media.	2 Labor Day Observance – get ready to fight hunger!	3 Post this calendar on the fridge at work or home.	4 Follow the Foodbank on Twitter @stlfoodbank.	5 Visit stlfoodbank.org/advocacy to learn how you can get involved in advocacy.	6 Like the Foodbank on Facebook at facebook.com/stlfoodbank .	7 Eat dinner at a participating STL Chefs Against Hunger restaurant!	
8 Email this calendar to a friend and share how you're taking action.	9 Sign up for Foodbank email updates.	10 Register for the Hunger Action Day Happy Hour + Volunteer Event on the 12th.	11 Patriot Day - Visit map.feedingamerica.org to visualize hunger in our country.	12 Hunger Action Day - wear orange, post on social, and tag @stlfoodbank.	13 Visit the Foodbank's beverage booth at Taste of St. Louis all weekend – proceeds feed more people!	14 Kids Activity – color a paper plate with your favorite foods, write a message about the importance of good nutrition on the back.	
15 Share a Foodbank Facebook post with your followers.	16 Start a food drive at your office, home, or community center.	17 Call your Senator and make sure they know you care about the region's hungry people.	18 Follow on Instagram at @stlfoodbank and comment why you're #HungryforChange on a post.	19 Grab lunch at Subway – each meal purchased means a donation to the Foodbank.	20 Sign up to volunteer at the Foodbank at stlfoodbank.org/volunteer .	21 Visit hungeraction-month.org to learn about national Hunger Action Month activities.	
22 Buy a Series Six “Eat Local, Feed Local” t-shirt! 100% of proceeds benefit the Foodbank!	23 Check out the Foodbank's YouTube channel for recipe videos, informational videos, and more!	24 National Voter Registration Day – register to vote or make sure your friends and family are!	25 Start a Give Jar to collect change to donate to the Foodbank. \$1 = 4 meals!	26 Visit the Find Food tab on our website to find pantries closest to you.	27 Limit your food budget to \$5 today to experience a SNAP budget.	28 Bring a food donation to the Foodbank between 9 am and noon.	
29 Share your experience with Hunger Action Month on social media.	30 Wear orange to show that you'll continue fighting hunger all year long!						<h2>30 WAYS TO HELP FIGHT HUNGER IN 30 DAYS</h2> <p>Join the St. Louis Area Foodbank during Hunger Action Month to spread the word about hunger in our region!</p>

Follow the Foodbank on social media to stay updated throughout the month. Visit STLFoodbank.org/ham to learn more about Hunger Action Month and how to get involved!

Foodbank.
St. Louis Area Foodbank