

We can end hunger one helping at a time

September is Hunger Action Month - a month where people across America stand together with Feeding America and its nationwide network of food banks to fight hunger. It's a month to raise awareness, resolve to take action and dedicate ourselves to a solution. Will you join us?

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 LEARN ABOUT HAM Learn about Hunger Action Month (HAM) and how we can end hunger one helping at a time. harrychapinfoodbank.org	2 LABOR DAY Put an empty plate at your picnic table to recognize hunger in our community.	3 BE THE CHANGE Start collecting spare change. At the end of the month, donate the money to the food bank.	4 IN THE KNOW Follow us on social media and see first hand how we fight hunger.  facebook.com/harrychapinfoodbank  @HCFBSWFL	5 WEAR ORANGE Orange is the color for HAM. Remember to wear orange throughout the month.	6 INDULGE IN GIVING Instead of indulging in a morning latte or afternoon soda, donate the money to the food bank.	7 LEARN Our website now includes a food locator. hcfb.org/food-locator
8 SHARE THIS CALENDAR Help us end hunger one helping at a time by sharing this calendar at your office or in your church bulletin.	9 GET PREPARED Build two emergency food boxes - one for your family and one for another in need, in case of disaster.	10 REDUCE FOOD WASTE Pledge to reduce food waste in your kitchen and donate unused, nonperishable items to the food bank.	11 9/11 DAY of SERVICE Pledge to volunteer in honor of the 9/11 Day of Service.	12 HUNGER ACTION DAY Wear orange and donate to the food bank to help us lead our community in the fight to end hunger.	13 SHARING IS CARING Take a photo wearing orange, post it to social media, and tag us.  Facebook.com/harrychapinfoodbank  @HCFBSWFL	14 TAKE ACTION Sign up to volunteer at a Fulfill Mobile Pantry. hcfb.org/volunteer
15 FAMILIES FIGHT HUNGER Sign up for our next Family Volunteer Day Saturday, Oct. 5. hcfb.org/volunteer	16 TAKE ACTION Start a food drive to help feed seniors in need. hcfb.org/give-food	17 TAKE A TOUR Sign up for a food bank tour to see how we work and how your donations help. Call (239) 334-7007	18 MORE THAN A DOLLAR Sign up to become a monthly donor. We can turn every \$1 into \$8 worth of food. harrychapinfoodbank.org	19 GET INVOLVED Register for the WINK Feeds Families Hunger Walk. winkhungerwalk.com	20 GIFT OF TIME Schedule a group of friends or co-workers to volunteer in the food bank warehouse. hcfb.org/volunteer	21 RESTAURANT NIGHT Participate in this event, hosted by 21 Spices. Portion of proceeds to benefit HCFB. hcfb.org/21-spices
22 FULFILL A NEED Share our Fulfill Mobile Pantry schedule on social media. hcfb.org/mobile-pantry-schedule	23 ADVOCATE Discuss ways to fight hunger together with friends and family.	24 PRESENT A GIFT Resolve to ask for food donations for the hungry instead of presents at your next birthday.	25 HIS LEGACY LIVES ON Learn about why we are called the Harry Chapin Food Bank. hcfb.org/about-harry-chapin	26 PLAN FOR SUCCESS Organize a brown bag lunch with co-workers and donate your lunch money to the food bank.	27 YOUR VOICE COUNTS Register today to vote in November.	28 MAP THE MEAL GAP Find out how many face hunger in our community. map.feedingamerica.org
29 SHARE WITH US Compile your photos and experiences during HAM and share with us on social media.	30 CONTINUE THE CONVERSATION Write a letter to the editor or post about hunger issues on social media.	Share your stories on social media, tag us and include #HungerActionMonth . Facebook: facebook.com/harrychapinfoodbank Twitter/Instagram: @HCFBSWFL Learn more at harrychapinfoodbank.org .				



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#HungerActionMonth