

2026 HUNGER ACTION MONTH



Here are 30 ways to help raise awareness and fight hunger throughout the month of September! There are over 71,000 neighbors across the greater Virginia Peninsula facing hunger. Participating and encouraging others to join in this challenge helps our neighbors facing hunger. Together we're building a healthier community.

SUN	MON	TUES	WEDS	THURS	FRI	SAT
		1 Set aside one nonperishable item each day to donate at the end of the month	2 Share this calendar with a friend, on social media, or in public community location	3 DID YOU KNOW? Last fiscal year, the Foodbank provided over 9.5 million meals across the Virginia Peninsula	4 National Food Bank Day: Learn about the foodbanks across Virginia <i>vafoodbanks.org</i>	5 International Day of Charity: Encourage your book club, sports team, or friend group to support the Foodbank
6 Stay Connected: Follow us on social media! 	7 Labor Day: Host a BBQ & invite guests to bring donations for the Foodbank	8 Support our Kids BackPack Program: \$45 provides five children with a bag of groceries for the weekend	9 Read our 40 th Anniversary newsletter <i>hrfoodbank.org/news/publications/</i>	10 DID YOU KNOW? Volunteers are an essential part of our mission, contributing the equivalent of 14+ full-time employees	11 Volunteer to sort, pack, or distribute food throughout the community <i>hrfoodbank.org/volunteer/</i>	12 Learn about the connection between hunger and health <i>feedingamerica.org/our-work/nutrition-health</i>
13 Truck Driver Appreciation Week! VPF truck drivers traveled 95,000 miles to transport over 6.2 million pounds last year	14 Monthly Giving: Help fight hunger all year long by becoming a monthly donor	15 Sign up for email updates to stay informed about our work	16 Link your Kroger Rewards Card donate money to Virginia Peninsula Foodbank while you shop! #YNO31 	17 DID YOU KNOW? Across the Peninsula, 1 in 5 children face hunger, totaling more than 24,000 children	18  United Way Day of Caring: Sign up to volunteer at our service site <i>uwvp.org/day-of-caring</i>	19 Learn about hunger stats for your county through Feeding America's Map the Meal Gap <i>mapthemealgap.org</i>
20 Consider giving \$40 to celebrate Virginia Peninsula Foodbank's 40 years of nourishing our community	21 MEAT the Need: Donate canned meats and other shelf-stable proteins	22 Call your Congress person to advocate for hunger relief policies <i>commoncause.org/find-your-representative/</i>	23 Planned Giving: Leave a legacy for future generations	24 DID YOU KNOW? About 1,200 food boxes are delivered each month to seniors in our community	25 Schedule a tour with us by calling (757) 596-7188 to see how our operations work	26 Learn about Federal food assistance programs <i>feedingamerica.org/our-work/nutrition-health</i>
27 Find a Pantry Near You: Explore our interactive map <i>hrfoodbank.org/need-food/</i>	28 Stop by the Community Food Pantry tomorrow for a look at our community art installation <i>3509 Chestnut Ave Newport News, 23607</i>	29 Hunger Action Day! Wear orange to help raise awareness!	30 Drop off the nonperishables you collected this month to Virginia Peninsula Foodbank	Proudly serving families in Hampton, Newport News, York, Poquoson, James City County, Williamsburg, Surry, Mathews, & Gloucester. <i>hrfoodbank.org 2401 Aluminum Ave, Hampton, VA 23661</i> 		