

HUNGER ACTION MONTH CALENDAR



Hunger Action Month
FEEDING AMERICA

SEPTEMBER 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
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TAKE ACTION - END HUNGER

Hunger Action Month is a **NATIONWIDE** Awareness Campaign.
Together **WE CAN** end hunger!

2401 Aluminum Avenue, Hampton, VA 23661 hrfoodbank.org (757) 596-7188

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| | <p>Serving families in Hampton, Newport News, Williamsburg, James City, Gloucester, Mathews, York, Poquoson, & Surry.</p> | <p>How do you feel on an empty stomach? Skip a meal this month and build your awareness. Hunger hurts!</p> | <p>Nearly 45,000 individuals across the Greater Peninsula are facing the fears of food insecurity.</p> | | <p>1 A dollar a day keeps hunger away. Save a dollar each day and you will be able to provide the equivalent of 90 meals at the end of the month.</p> | <p>2 Volunteer at one of our Mobile Food Pantries.</p> |
| <p>3 Be a Social Media Ambassador by SHARING our posts on Facebook, Instagram, and Twitter!</p> | <p>4 LABOR DAY</p> | <p>5 Monthly Giving: Fight hunger year-round by making monthly contributions at hrfoodbank.org</p> | <p>6 It's hard to thrive on an empty stomach. Over 20,000 children experience hunger. Help fill a bag of food for the kids.</p> | <p>7 Start a Just Giving campaign to help raise funds for feed food insecure families. https://www.justgiving.com/virginiapeninsulafoodbank</p> | <p>8 Schedule a day to volunteer to pack food boxes for families in need.</p> | <p>9 Incorporate a Food or Fund Drive at a birthday, cookout, wedding, sporting event, concert or any large gathering!</p> |
| <p>10 Ask your employer to become a Match Maker—match donations to make 2x the impact.</p> | <p>11 National Day of Service and Remembrance & Grandparents Day! Help reduce senior hunger.</p> | <p>12 Lend a helping hand by volunteering at the Foodbank. Volunteering plays a major role in our success.</p> | <p>13 Take A Tour! Schedule a tour of the Foodbank to see how your donations are put to work.</p> | <p>14 Designate your United Way Payroll donation to Virginia Peninsula Foodbank.</p> | <p>15 United Way Day Of Caring AND Hunger Action Day! Wear Orange to show your support of our cause.</p> | <p>16 Support our mission by lighting up a building, home, office, or bridge with orange lights.</p> |
| <p>17 Fundraise Online: Create a Personalized Facebook Fundraiser.</p> | <p>18 BOGO! When grocery shopping, Buy One Give One.</p> | <p>19 Planned Giving: Consider leaving a legacy of hope!</p> | <p>20 MEAT the Need. Collect tuna, chicken, and hearty meaty soups.</p> | <p>21 Host a Food or Fund Drive to drive hunger out of the Greater Peninsula!</p> | <p>22 Visit youtube.com/feedingamerica for real stories of hunger.</p> | <p>23 The Foodbank serves veterans at our monthly Mobile Pantries. Help us return the service.</p> |
| <p>24 1 in 6 children go to bed hungry. It's hard to be successful when running on empty!</p> | <p>25 "LIKE" Virginia Peninsula Foodbank on Facebook & turn your profile ORANGE. @VaPenFoodbank</p> | <p>26 EDUCATE: Learn more about our Programs by visiting our website. hrfoodbank.org</p> | <p>27 Follow Virginia Peninsula Foodbank on Twitter. @hrfoodbank</p> | <p>28 Continue your advocacy and become a monthly donor. hrfoodbank.org</p> | <p>29 Follow Virginia Peninsula Foodbank on Instagram. @hrfoodbank</p> | <p>30 I donated \$30 and provided 90 meals to help families in need.</p> |