

HUNGER ACTION MONTH 30 WAYS IN 30 DAYS CALENDAR

Advocate • Organize • Volunteer • Experience • Donate



SEPTEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>We invite you to TAKE ACTION in the fight to end hunger and feed hope!</p> <p>To learn more visit www.lssnd.org/GreatPlainsFoodBank</p>				<p>1 Take the Hunger Action Month Pledge! For details visit our website and share your way.</p>	<p>2 Brown Bag Benefit Ask a coworker to bring a brown bag lunch next week and donate money saved to your local charitable feeding program.</p>	<p>3 Huddle to Fight Hunger: Kraft will donate 1 meal for every person who joins. (www.huddletofighthunger.com).</p>
<p>4 Calendar Share Send this calendar to your friends and family and ask them to Take the Hunger Action Month Pledge.</p>	<p>5 Advocate Write a letter to your elected official about hunger.</p>	<p>6 Recipe Share Share your favorite recipe via email with 10 friends, and encourage them to take the Hunger Action Month pledge.</p>	<p>7 Ask your employer to match employee donations for hunger relief organizations.</p>	<p>8 Take a tour of the Great Plains Food Bank and see how a food bank works to help our neighbors. Behind the Scenes Tours Start at Noon</p>	<p>9 Join the Great Plains Food Bank's Feeding Hope monthly giving program to ensure no North Dakotan or Western Minnesotan goes hungry.</p>	<p>10 Share Your Voice Spread the word on social media sites about Hunger Action Month.</p>
<p>11 Change your face book status and share your commitment to fight domestic hunger during Hunger Action Month.</p>	<p>12 Volunteer to read a children's book about hunger awareness, such as "Uncle Willie and the Soup Kitchen" at your local library.</p>	<p>13 Talk with your kids about what it feels like to be hungry, and what it feels like to be full.</p>	<p>14 Find out where your local food bank, shelter and pantries are located and what their current needs are. Behind the Scenes Tours Start at 4PM</p>	<p>15 Set an empty plate at your table. Let this be a reminder of those who are hungry.</p>	<p>16 Write a letter to the editor about domestic hunger. Find resources, facts and more information on our website.</p>	<p>17 More than Food: Host a potluck dinner. Have guests bring dishes that are meaningful to them and share food stories.</p>
<p>18 Support or visit your local Farmers Market this weekend. Purchase produce and donate it to your local hunger relief organizations.</p>	<p>19 Enjoy the Celebration of Action to End Hunger at the historic Fargo Theatre. Activities and entertainment start at 7:00pm</p>	<p>20 Sign up for Portions, Great Plains Food Bank's monthly e-newsletter, to receive monthly up to date information.</p>	<p>21 Experience! Live a day (or a week) on a SNAP (food stamp) budget, about \$3 a day.</p>	<p>22 Make your own T-shirt with facts about hunger. A great activity for families!</p>	<p>23 Write an article for your congregation or community group newsletter. Templates available on our website.</p>	<p>24 Organize a food drive! Encourage kids to collect kid friendly snacks to support the Backpack Program. A list of needs is available is on our website.</p>
<p>Taking Action to End Hunger Summit Doublewood Inn - Fargo</p>						
<p>25 Gather personal care items for your local shelter. Contact the shelter ahead of time to see which items would be most useful.</p>	<p>26 Cook a meal with your children; while cooking and eating discuss the importance of fighting hunger.</p>	<p>27 Tour your local food pantry or the Great Plains Food Bank to understand how we are working to reduce hunger. Behind the Scenes Tours Start at Noon</p>	<p>28 Bring your extra fall harvest of fruits and vegetables to your local food bank or pantry to distribute to those in need.</p>	<p>29 License to Volunteer! Volunteer as a driver for a food delivery program or donate a gas card.</p>	<p>30 Donate! If your grocery store has a "buy one, get one free" special, donate the free item to your local food pantry.</p>	<p>1 in 11 individuals seek help from charitable feeding programs in North Dakota and western Minnesota each year - 40% are children.</p>

The Great Plains Food Bank strives for a hunger-free North Dakota and western Minnesota by **recovering** surplus food and grocery product, **distributing** it to hungry individuals through a statewide networks of charitable feeding programs, **engaging** community partners in the fight to end hunger, and **advocating** for social change.