



Hunger Action Month

30 Ways in 30 Days

September 2017

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
|  | |  | | | 1 "Like" the Greater Baton Rouge Food Bank on Facebook and invite your friends to like it too! | 2 Post this calendar on the office fridge. |
| 3 Set an empty plate at your table. Let this be a reminder of those who are at risk for hunger. | 4 Send an email to your friends about Hunger Action Month. | 5 Does your local grocery accept SNAP? If not, encourage them to change their policy. | 6 Update your Facebook profile picture with the HAM Frame. | 7 Write a letter to elected officials about hunger (visit http://www.congress.org/ for information) | 8 Share one of the Food Bank's social media posts. | 9 Sign up to volunteer at the Greater Baton Rouge Food Bank by visiting brfoodbank.org . |
| 10 In honor of Grandparents Day, send a donation to support Adopt A Senior. | 11 Ask co-workers to bring a lunch from home next week, & donate the money saved. | 12 Share with a friend that the Food Bank can generate 4 meals with just \$1. | 13 Visit www.youtube.com/feedingamerica for real stories of hunger. | 14 Hunger Action Day! Wear Orange and share on social media! | 15 Make a donation to the food bank and spread the word! | 16 Support the local Farmer's Market this weekend! |
| 17 Sign up to receive emails from the Food Bank – visit brfoodbank.org/newsletter-sign-up/ | 18 Post on social media that 1 in 6 people in Louisiana don't know where they will find their next meal. | 19 Follow @brfoodbank on Instagram! | 20 Skip getting your coffee at the coffee shop today & donate the funds to fight hunger instead. | 21 Take the SNAP (food stamp) challenge: Can you eat on \$4 a day? | 22 Have the kids draw a picture for Hunger Action Month & display it on your fridge. | 23 Cook a meal with your friends. Discuss the importance of fighting hunger. |
| 24 Read a book about hunger to your children, such as Uncle Willie and the Soup Kitchen. | 25 Learn more about the Food Bank: brfoodbank.org/5thingsyoumaynotknowabouttheqbrfb/ | 26 Participate in the upcoming community "Hunger Walk" event on November 5, 2017. | 27 Contact your school or faith community about organizing or participating in a food drive. | 28 Share with a friend that 789,330 people in Louisiana are struggling with hunger – and 261,230 are children. | 29 WBRZ's Feed A Family Friday. Visit a FAF store (location TBA) to donate food while WBRZ broadcasts live. | 30 Post online what you can't do on an empty stomach, but what you can do (& have done) to fight hunger! |