

HUNGER ACTION MONTH | SEPTEMBER 2022

Take an action each day to fight hunger in your community.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		 GREAT PLAINS FOOD BANK		1 Share this calendar with others and encourage them to take daily steps to fight hunger.	2 Tell everyone on social media that it's National Food Bank day and to support the Great Plains Food Bank.	3 Turn orange on social media! Change your profile picture and cover photo to support hunger-relief.
4 27 percent of food produced in the U.S. NEVER makes it to the dinner table. Set a goal to go this week without wasting food.	5 Labor day Visit the Stories of Hope section at greatplainsfoodbank.org and read about those battling food insecurity.	6 Donate 30 non-perishable food items to the Great Plains Food Bank or your local food pantry.	7 Visit greatplainsfoodbank.org and sign up to be a Hunger Advocate NOW.	8 Bookmark the Great Plains Food Bank page on Amazon Smile and remember to support hunger-relief the next time you shop.	9 Give now to support the Corwin Autotmive and Valley News Live virtual food drive. Your gifts are matched!	10 Organize a gluten-free food drive to provide this needed item to the Great Plains Food Bank or your local food pantry.
11 Create a Facebook fundraiser to benefit the Great Plains Food Bank.	12 Ask your local grocery store what they do with their leftover items. Encourage them to begin donating.	13 Visit greatplainsfoodbank.org and start your own virtual food drive.	14 Add Halal food items to your food drive this week to help those with religious restrictions.	15 Place a call to your local food pantry to ask if they are in need of volunteers.	16 Ask coworkers to bring lunches next week and donate the money saved to the Great Plains Food Bank or your local food pantry.	17 Sign up to receive Portions, our electronic newsletter, to stay up to date with hunger relief efforts in our region.
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18 Organize a week-long employee food drive.	19 Diapers are one of the most requested items by families in need. Purchase a package of diapers to donate to your local food pantry.	20 Send a letter or place a phone call to an elected leader urging them to support hunger.	21 Make a social media post using #HungerActionMonth and #HeartsSolveHunger sharing a statistic or story about hunger.	22 Visit Feeding America's YouTube channel and watch the real-life stories of every day Americans struggling with hunger.	23 WEAR ORANGE FOR HUNGER ACTION DAY!	24 Schedule a potluck dinner. Have guests bring dishes that are meaningful to them and share food stories.
25 Donate the items you collected from your food drive to a Great Plains Food Bank partner food pantry.	26 Ask one local business if they would be willing to donate a portion of their profits to a hunger-relief organization of their choice.	27 Take the SNAP Challenge and see if you can spend just \$4 to eat today.	28 What have you learned about hunger this month? Write an op-ed or letter to the editor sharing your concerns.	29 One in six people in N.D. doesn't have enough food to eat. Share this alarming stat with a friend.	30 Research the percent of kids at your local school who receive free and reduced cost meals. The answer may surprise you.	