

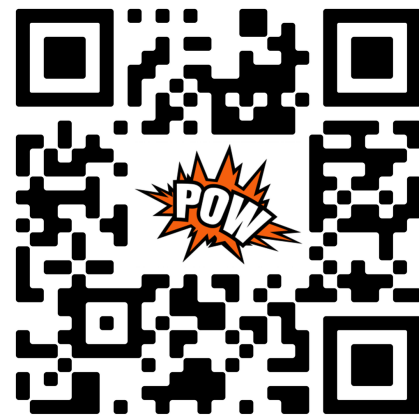
HUNGER ACTION MONTH

SEPTEMBER 2022



30 days of action you can take to help fight hunger in your community!

Match Your Gift Here!



1 Like us on social media!
@foodbankccs



2 National Food Bank Day!
Post on social media to show your support!

MATCHING GIFT FRIDAY!

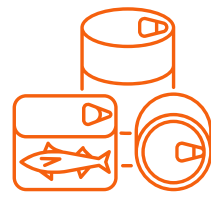
3 Visit our website & sign up for e-news - stay connected all year long!

4 Volunteer!
...sign up for an Urgent Need Shift

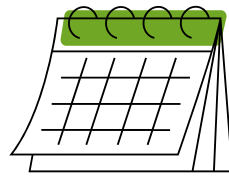


5 Visit our website & check out the Hunger Action Month tool kit

6 Clean out your pantry! Donate unwanted, non-perishable food



7 Share this calendar on social media and tag us!



8 Host a PB&J Drive in your neighborhood & donate what you collect

9 Watch a movie about the US food system & insecurity

MATCHING GIFT FRIDAY!

10 Visit a farmers' market and support your local growers

11 Volunteer!
...sign up for Family Sort Day



12 Contact the Food Bank about planned giving



13 Watch a documentary about food insecurity in the US



14 Enjoy Veranda Unplugged Live Concert Series & support the Food Bank



15 Start a virtual food drive & invite your friends, family & coworkers to donate

16 Attend a Food Bank event
...register for Empty Bowls

MATCHING GIFT FRIDAY!

17 National Ice Cream Day!
Visit Guava Island Eats & support the Food Bank

18 Volunteer!
sign up for Drive-Thru Distribution



19 Educate yourself about reducing food waste & composting

20 Take your lunch to work today & donate \$15 to the Food Bank!

21 Get in the conversation!
Visit the advocacy page on our website

22 Make & share a meal with a friend or family member



23 Hunger Action Day
Turn Orange!

MATCHING GIFT FRIDAY!

24 Attend the Travis Credit Union Free Shredding Event & Support the Food Bank

25 Volunteer!
...sign up for Emergency Food Project

26 Shop the Veranda in Concord & support the Food Bank



27 Pay It Forward
...buy the person behind you in line their coffee

28 National Good Neighbor Day
...offer to go shopping for your neighbor

29 Schedule a tour of the Food Bank



30 National Orange Shirt Day!

MATCHING GIFT FRIDAY!



Watch your inbox for weekly Hunger Action Hero special missions!
foodbankccs.org/hungeractionmonth | @foodbankccs on social