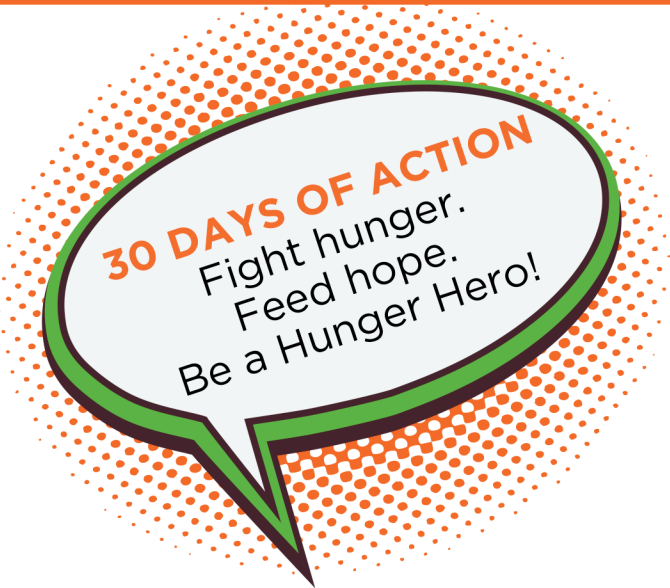


HUNGER ACTION MONTH

SEPTEMBER 2023



Match Your Gift Here!



Donations Matched (up to \$35k) by



1
NATIONAL FOOD BANK DAY
Celebrate today by making a matching gift!

MATCHING GIFT FRIDAY!

2
Visit our website and check out the Hunger Action Month toolkit.

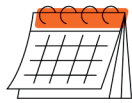
3
Like us on social media!
@foodbankccs



4
LABOR DAY
Volunteer! Sign up for an Urgent Need Shift.



5
Share this calendar on social media and tag us!



6
Visit our website and sign up for e-news.
Stay connected all year long!



8
Visit our recipe page and make a healthy, budget-friendly meal.

9
Visit a farmers' market and support your local growers.

10
GRANDPARENTS DAY
Volunteer! Sign up for Family Sort Day.



11
Contact the Food Bank about planned giving.



12
Watch a documentary about food insecurity in the US.



13
Host a PB&J Drive in your neighborhood and donate what you collect.

14
Plan to attend a Food Bank event. Register for Empty Bowls.

15
HUNGER ACTION DAY
Start a virtual food drive and invite your friends, family and coworkers to donate.

16
Shop at a business that is supporting the Food Bank.

17
Clean out your pantry and donate unwanted, non-perishable food.

18
Volunteer! Sign up to help at a distribution.



19
Take your lunch to work today and donate \$15 to the Food Bank!

20
Get in the conversation! Visit the advocacy page on our website.

21
Make & share a meal with a friend or family member.



22
Serve a meal at a local shelter or community kitchen.

23
Learn about reducing food waste and composting.

24
Volunteer! Sign up for a warehouse shift in either Concord or Fairfield.

25
Sign up for a tour of the Food Bank.



26
Pay it forward. Buy the person behind you in line their coffee.

27
Visit our website & check out the Find Food map.



28
NATIONAL GOOD NEIGHBOR DAY
Do something nice for your neighbors.

29
Last chance to help us meet our match!

MATCHING GIFT FRIDAY!

30
Celebrate your efforts this month as a Hunger Hero!



Sign up for weekly hunger action hero special missions delivered to your inbox or follow us on social

foodbankccs.org/hungeractionmonth

@foodbankccs

