



Easy ways you can **take action today**  
for a hunger-free tomorrow!

## 1 **DONATE**



**Every \$1 = 2 meals**

Help the Food Bank provide **2.7+ million meals** each month.

## 2 **GET SOCIAL**



Follow the Food Bank  
**@foodbankccs** and share our  
posts about local hunger.

## 3 **TURN ORANGE**



**Orange** is the official color of hunger relief.  
Make a bold statement by wearing orange  
in September.

## 4 **VOLUNTEER**



Sign up for a volunteer shift at  
**[foodbankccs.org/volunteer](https://www.foodbankccs.org/volunteer)**.

## 5 **BITE BACK**



**Bite Back** hunger by dining out at  
participating restaurants during our first  
annual restaurant week! Find out more at  
**[www.foodbankccs.org/restaurant](https://www.foodbankccs.org/restaurant)**



**FOODBANKCCS.ORG/HAM**

**#HUNGERACTIONMONTH**

**@FOODBANKCCS**



# BUSINESSES, SCHOOLS & GROUPS JOIN HUNGER ACTION MONTH!



Your group will be **Hunger Action Heroes** by taking action today for a hunger-free tomorrow!

## 1 **FOOD AND FUND DRIVE**

Organize a food drive at your business, school or organization during September and start a virtual food drive.



## 2 **CAUSE MARKETING**

Sell something and provide all, or a portion, of the proceeds to the Food Bank of Contra Costa and Solano.



## 3 **VOLUNTEER**

Sign up for a volunteer shift with your group at [foodbankccs.org/group](https://foodbankccs.org/group). Take pictures and post on social media or send to [hello@foodbankccs.org](mailto:hello@foodbankccs.org).



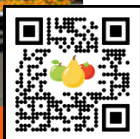
## 4 **TURN ORANGE**

**Orange** is the official color of hunger relief. Change colors on website or social media. Encourage members to wear Orange on Fridays.



## 5 **ENGAGE**

Encourage donations by offering a match, bring your lunch to work or potluck day, donate to the Food Bank in lieu of eating out, or other office competitions.



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