

Hunger Action Month



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Click each <u>underlined action</u> to help you on your Hunger Action adventure.</p>			1	2	3	4
			Share this calendar with your family and friends!	Follow us on Facebook.	Start a low-contact food drive	Clean out your pantry this weekend, and donate unneeded items.
5	6	7	8	9	10	11
<p>International Day of Charity</p> <p>Donate to the food bank.</p> <p>\$1=4 meals</p>	<p>Labor Day</p> <p>Minimum wage in Texas is \$7.25/hour. Can you go one week on that budget?</p>	<p>Collect pocket change and dollar bills to donate at end of the month.</p>	<p>Donate at HEB using the tear tags at checkout.</p>	<p>Start a Facebook fundraiser for the food bank.</p>	<p>Donate to help provide food for the unsheltered</p> <p>\$10 fills 2 bags</p>	<p>Sign the Feeding America pledge to end hunger</p>
12	13	14	15	16	17	18
<p>Link your Amazon Smile account to benefit the food bank.</p>	<p>National Peanut Day</p> <p>Collect peanut butter, trail mix, and nuts to donate.</p>	<p>Tuna Tuesday</p> <p>Organize a tuna drive. It's high protein and great for those with no shelter.</p>	<p>Host a potluck at work!</p> <p>Collect the lunch money and donate as an organization.</p>	<p>Buy a stranger a meal.</p>	<p>Start a compost pile and do your part to reduce food waste. Use the compost for a new garden.</p>	<p>Hunger Action Day!</p> <p>Wear ORANGE show your support!</p>
19	20	21	22	23	24	25
<p>Make a donation in honor of your favorite essential worker. Be sure to include their contact info so we can let them know!</p>	<p>Matching Monday</p> <p>Ask your employer to match donations and increase your gift's impact.</p>	<p>Take the SNAP Challenge.</p> <p>Live a day on a SNAP food budget, just \$5/day.</p>	<p>Whole fruits and vegetables are an important part of a daily diet. Donate fresh produce today!</p>	<p>Skip one meal to help emphasize with the food insecure.</p>	<p>Talk to your peers about hunger.</p> <p>1 in 6 children experience food insecurity here.</p>	<p>BOGO Day</p> <p>Buy One, Give One on your weekend shopping trip. HEB has donation barrels.</p>
26	27	28	29	30		
<p>Offer to deliver groceries for a neighbor who is elderly or disabled.</p>	<p>Pack your lunch this week. Donate what you would have spent on take-out lunches.</p>	<p>National Family Day</p> <p>Volunteer with a family member or bring the whole crew.</p>	<p>Become a monthly hunger hero and commit to a monthly recurring gift to fight hunger year-round.</p>	<p>It's time to turn in your food drive!</p> <p>220 Herndon Street San Marcos, TX</p>		