

# HUNGER ACTION MONTH | SEPTEMBER 2021

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p><b>1</b></p> <p>Share this calendar with others and encourage them to take daily steps to fight hunger.</p>	<p><b>2</b></p> <p>Turn orange on social media! Change your profile picture and cover photo to support hunger-relief.</p>	<p><b>3</b></p> <p>Visit <a href="http://greatplainsfood-bank.org">greatplainsfood-bank.org</a> and start your own virtual food drive.</p>	<p><b>4</b></p> <p>One in six people in N.D. doesn't have enough food to eat. Share this alarming stat with a friend.</p>
<p><b>5</b></p> <p>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.</p>	<p><b>6</b></p> <p><b>Labor day</b> Getting together for the holiday? Ask guests to bring extra food items to donate.</p>	<p><b>7</b></p> <p>Donate 30 non-perishable food items to the Great Plains Food Bank or your local food pantry.</p>	<p><b>8</b></p> <p>Visit <a href="http://greatplainsfood-bank.org">greatplainsfood-bank.org</a> and sign up to be a Hunger Advocate NOW.</p>	<p><b>9</b></p> <p>Send a letter to an elected representative urging them to support ending hunger - invite them to visit the Great Plains Food Bank.</p>	<p><b>10</b></p> <p>Give now to support the Corwin Autotmive and Valley News Live virtual food drive. <b>Your gifts are matched!</b></p>	<p><b>11</b></p> <p>Visit Feeding America and the Great Plains Food Bank on YouTube and watch the impact of hunger.</p>
<p><b>12</b></p> <p>Create a Facebook fundraiser to benefit the Great Plains Food Bank.</p>	<p><b>13</b></p> <p>Ask a friend to join you in making a financial donation to the Great Plains Food Bank or your local food pantry (<b>\$1 = 3 meals</b>).</p>	<p><b>14</b></p> <p>Wear an orange ribbon today to support hunger awareness.</p>	<p><b>15</b></p> <p>Can you eat for \$4 per day? Do the SNAP Challenge to find out.</p>	<p><b>16</b></p> <p>Place a call to your local food pantry to ask if they are in need of volunteers.</p>	<p><b>17</b></p> <p><b>WEAR ORANGE FOR HUNGER ACTION DAY!</b></p>	<p><b>18</b></p> <p>Sign up to receive Portions, our electronic newsletter, to stay up to date with hunger relief efforts in our region.</p>
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<p><b>19</b></p> <p>Organize a week-long employee food drive.</p>	<p><b>20</b></p> <p>Research hunger in your state or the U.S. Share one thing with a friend that surprised you.</p>	<p><b>21</b></p> <p>Post a picture of you holding a paper plate with a sentence about how you will fight hunger.</p>	<p><b>22</b></p> <p>Make a social media post using #HungerActionMonth and #HeartsSolveHunger sharing a statistic or story about hunger.</p>	<p><b>23</b></p> <p>One in three families struggle with diaper need. Make a donation of diapers now to the Great Plains Food Bank or your local pantry.</p>	<p><b>24</b></p> <p>Ask coworkers to bring lunches next week and donate the money saved to the Great Plains Food Bank or your local food pantry.</p>	<p><b>25</b></p> <p>Host a potluck dinner. Have guests bring dishes that are meaningful to them and share food stories.</p>
<p><b>26</b></p> <p>Donate the items you collected from your food drive or other items from your pantry to a GPFB partner food pantry.</p>	<p><b>27</b></p> <p>Ask one local business if they would be willing to donate a portion of their profits to a hunger-relief organization of their choice.</p>	<p><b>28</b></p> <p>Visit <a href="http://greatplainsfood-bank.org/impact">greatplainsfood-bank.org/impact</a> and read the real-life stories of North Dakotans struggling with hunger.</p>	<p><b>29</b></p> <p>What have you learned about hunger this month? Write an op-ed or letter to the editor sharing your concerns.</p>	<p><b>30</b></p> <p>Purchase additional food items to donate to your local food pantry.</p>	 <div style="text-align: right;">  <p><b>GREAT PLAINS FOOD BANK</b></p> </div>	