




SEPTEMBER 2022

Hunger Action Month

S	M	T	W	T	F	S
				1 <u>Join the Stuff The Truck Virtual Food Drive</u>	2 <u>Follow / Like SE Ohio Foodbank</u>  Facebook	3 Share the SE Ohio Foodbank video!
4 Count your Change & Donate it!	5 <u>Labor Day! Support the Working Poor</u>	6 <u>Sign up for the HAPCAP Newsletter</u>	7 <u>Drafts for a Difference @ Eclipse in Athens</u>	8 Business Before Hours @ Foodbank in Logan	9 Research political issues addressing hunger	10 <u>Like Hocking County Feeding Neighbors on Facebook!</u>
11 Grandparents Day! Support Our Seniors	12 <u>Become a Hunger Hero & Volunteer</u>	13 Share about impossible choices	14 Follow SE Ohio Foodbank  Instagram	15 Call (740) 767 - 1010 & leave a VM with your hunger story	16 Clean out your pantry & donate unused items	17 <u>Mind the Meal Gap & Learn about Hunger</u>
18 Take the SNAP challenge! Can you live on \$4/day for food?	19 Follow SE Ohio Foodbank  Twitter	20 Tell us why Feeding the Community is Important	21 Visit 'The Wall' & share your selfie w/ #EndHunger	22 Arrange a team building Volunteer day for coworkers	23 HUNGER ACTION DAY! (wear orange day)	24 Host a yard sale & the donate proceeds
25 Find Pantries near you at hapcap.org	26 Sign up to Volunteer this Holiday Season	27 Pack your lunch and donate your lunch money	28 Advocate to #EndHunger contact the Governor	29 Hunger is SCARY, make plans to fight it this Spooky Season	30 Share what you've Learned this Month	

Hunger Action Month is a time for everyone across the country to collectively act against hunger.

You can choose to donate or advocate. You can choose to volunteer or raise awareness. You can choose to help **#EndHunger**.

Learn more about how you can join the fight to end hunger by visiting hapcap.org

