

September Is

HUNGER ACTION MONTH

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		1 Wear orange and post a selfie to kick off Hunger Action Month. Tag 3 friends. #HAM #HungerActionMonth 	2 Sign up for and complete a volunteer shift to receive a coupon for a delicious Whataburger treat! 	3 Stash this month's spare change in a jar and donate it to the NB Food Bank at the end of the month! 	4 National Food Bank Day: Head to nbfoodbank.org & learn about ways you can help. Then, share something you learned on social media. 	5 Motivate others to give back. Share our Hunger Action Month Digital Resources to spread awareness in your community. 
6 Turn your profile picture or Story orange for the day. 	7 Labor Day: Share information about our job training services with a friend! The NB Food Bank has many resources that can help people secure hope for a better tomorrow. 	8 Join us for our 10th Annual Farm-To-Table Dinner, Locally Grown! <u>Purchase tickets at nbfoodbank.org.</u> 	9 Meal Math Challenge! Calculate how many meals your favorite coffee purchase could provide if donated instead (\$1 = 7 Meals). 	10 Give hunger a voice. Post a short video or story sharing why fighting hunger matters to you. Tag us @nbfoodbank 	11 Get The Kids Involved: Explain to kids what Hunger Action Month is and ask them to design a poster. Take a pic, tag us on social! @nbfoodbank #HAM 	12 See the NEW Practical Magic 2 Movie! Donate three items from our 12 Most Wanted Items list at your local Santikos Movie Theater to receive a popcorn voucher & game card. 
13 Start a Virtual Fundraiser! A virtual fund drive can be conducted by any organization or group. Every \$1 helps us provide 7 meals to our community. 	14 Challenge your friends and family to choose one item from their pantry and collect them to donate to the NB Food Bank! 	15 Experience a SNAP (food stamp) budget for a day. The average SNAP benefit in TX per person is about \$9 per day. 	16 What-a-Wednesday! Donate \$1 at your local Whataburger and receive a buckslip for a free Whataburger on your next visit. 	17 When in doubt, sing it out! Schedule a karaoke night with friends and ask them to bring a cash donation for song requests. Donate the collected money to the NB Food Bank! 	18 Every number counts! Follow @nbfoodbank and we'll share ways to take action this #HAM! 	19 Grab your crew and sign up for a Garden Volunteer shift! Learn about how to help provide fresh produce to your community. 
20 Challenge yourself and friends to memorize our 12 Most Wanted Items listed on our website. 	21 Continue nourishing families throughout the year by becoming a Core Club recurring monthly donor. 	22 Schedule a tour of the NB Food Bank and learn more about how we Nourish In Numbers! 	23 Today is The Big Give! Take action in a BIG way by donating to the NB Food Bank! Visit our website and follow our socials to see how to donate! 	24 Reshare our Hunger Action Month social media posts to spread awareness. 	25 Although the month is almost over, you can #GiveVoice all year long! Learn about hunger in your community and then share with your friends and family on social media. 	26 See the NEW Forgotten Island Movie! Donate three items from our 12 Most Wanted Items list at your local Santikos Movie Theater to receive a popcorn voucher & game card. 
27 Orange Object Hunt: Find 5 orange items around your house in under 30 seconds. 	28 Are you brave enough to end HAM with a bang? Show your ultimate orange in public and share it with us on social! 	29 Hunger Action Day: Wear orange and spread awareness on ways to fight hunger in your community. 	30 It's Pet Hunger Awareness Day! Organized by PetSmart Charities in partnership with Feeding America, we aim to raise awareness of pet hunger. Donate pet food today! 	NOURISHING in NUMBERS <i>This Hunger Action Month, we're counting on our community to take action. Every Number Counts!</i>		



To learn more about Hunger Action Month, visit nbfoodbank.org/ham

