

September Is

HUNGER ACTION MONTH

WHAT IS HUNGER ACTION MONTH?

September is Hunger Action Month, a month where people all over the nation mobilize and take action in the fight against hunger. The New Braunfels Food Bank is proud to rally with Feeding America, and our network of over 200 food banks, to encourage everyone to raise awareness of food insecurity and dedicate ourselves toward a solution.

WHY TAKE ACTION?

Everyone has a role to play in fighting hunger. Rising food prices and economic challenges have intensified our community's need for support. As a result, the New Braunfels Food Bank offers nutrition education, benefits assistance, children's programs, senior programs, and financial literacy. By taking action, we can ensure individuals and families receive the nourishment they need to thrive.

NOURISHING
in NUMBERS

2026 CAMPAIGN

This September, we are dedicating our efforts to "Nourishing in Numbers" during Hunger Action Month! Our community thrives when we come together, and this year, we emphasize the power of collective action. By donating food, time, money, and voice, we can make a significant impact on food insecurity. Your contributions nourish individuals and families, helping to build a stronger, healthier community. Join us in taking action to ensure that together, we are "Nourishing in Numbers" and making a difference for those in need.

NATIONAL HUNGER ACTION DAY

Take action on Hunger Action Day by wearing orange and spreading awareness about food insecurity.



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



In The Fight Against Hunger, **EVERY NUMBER COUNTS**



GIVE FOOD

Every pound of food counts. **Start A Food Drive** or donate directly to the New Braunfels Food Bank. Thanks to our partners at Santikos, if you donate three of our **12 Most Wanted Items** at your local **Santikos Movie Theater**, you will receive a popcorn voucher and game card.

Food Drop-Off: Donations can be delivered to the New Braunfels Food Bank or your local Santikos Movie Theater.

GIVE TIME

We appreciate our volunteers every day of the year, but there will be an extra perk this Hunger Action Month. Thanks to our presenting partner **Whataburger**, if you **volunteer during September**, as a thank you, you will receive a coupon for a Whataburger treat!

Volunteer: nbfoodbank.org/volunteer



GIVE MONEY

Every \$1 donated provides 7 meals to individuals and families in our community. **Donate or Start A Fund Drive** today.

Online: nbfoodbank.org/ham

Phone: 830-327-6000

Mail: 1620 S. Seguin Ave., New Braunfels, TX 78130

GIVE VOICE

We believe the voice of the community is a powerful way to affect change. Help **spread awareness** of Hunger Action Month with your network! **Share this toolkit** or engage with any of our digital resources across our website and social media.

Tag us @nbfoodbank or use #NBFoodBank #HungerActionMonth #HAM



NOURISHING
in NUMBERS

This Hunger Action Month, we encourage everyone to take actions that nourish our community. Your contributions of Food, Time, Money, and Voice add up. Join us in fighting hunger and ensuring that together, we are "Nourishing in Numbers" for a healthier and stronger community.



Scan to learn more about how to take action this Hunger Action Month, or visit nbfoodbank.org/ham



DIGITAL RESOURCES

ADVOCATE DIGITALLY

During the month of September, you can advocate for Hunger Action Month by switching out your digital meeting background or cover profile images on social media.

When people ask you about the change, send them to [safoodbank.org](https://nbfoodbank.org/ham), so they can learn more about food insecurity and what they can do to take action!

Download Digital Resources at nbfoodbank.org/ham



EXERCISE YOUR INFLUENCE

Put your social media influencer skills to the test and post about Hunger Action Month during the month of September to spread awareness. Send your followers to nbfoodbank.org/ham, so they can learn more about the San Antonio Food Bank's mission and what they can do to help.



Sample Post #1

September is #HungerActionMonth! This year, the New Braunfels Food Bank is counting on us to help "Nourish In Numbers!"

#EveryNumberCounts, so join me in making an impact this month! #HAM #nbfoodbank



Sample Post #2

This September, I'm uniting with the #nbfoodbank for #HungerActionMonth!

Join me by donating food, time, money, and voice, so we can continue "Nourishing In Numbers!" #HAM #nbfoodbank



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SUN	MON	TUE	WED	THU	FRI	SAT
		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>		



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