



Hunger Action Month

30 Ways in 30 Days

September 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 "Like" the Greater Baton Rouge Food Bank on Facebook and invite your friends to like it too!	2 Post this calendar on the office fridge.
3 Set an empty plate at your table. Let this be a reminder of those who are at risk for hunger.	4 Send an email to your friends about Hunger Action Month.	5 Does your local grocery accept SNAP? If not, encourage them to change their policy.	6 Update your Facebook profile picture with the HAM Frame.	7 Write a letter to elected officials about hunger (visit http://www.congress.org/ for information)	8 Share one of the Food Bank's social media posts.	9 Sign up to volunteer at the Greater Baton Rouge Food Bank by visiting brfoodbank.org .
10 In honor of Grandparents Day, send a donation to support Adopt A Senior.	11 Ask co-workers to bring a lunch from home next week, & donate the money saved.	12 Share with a friend that the Food Bank can generate 4 meals with just \$1.	13 Visit www.youtube.com/feedingamerica for real stories of hunger.	14 Hunger Action Day! Wear Orange and share on social media!	15 Make a donation to the food bank and spread the word!	16 Support the local Farmer's Market this weekend!
17 Sign up to receive emails from the Food Bank – visit brfoodbank.org/newsletter-sign-up/	18 Post on social media that 1 in 6 people in Louisiana don't know where they will find their next meal.	19 Follow @brfoodbank on Instagram!	20 Skip getting your coffee at the coffee shop today & donate the funds to fight hunger instead.	21 Take the SNAP (food stamp) challenge: Can you eat on \$4 a day?	22 Have the kids draw a picture for Hunger Action Month & display it on your fridge.	23 Cook a meal with your friends. Discuss the importance of fighting hunger.
24 Read a book about hunger to your children, such as Uncle Willie and the Soup Kitchen.	25 Learn more about the Food Bank: brfoodbank.org/5thingsyoumaynotknowabouttheqbrfb/	26 Participate in the upcoming community "Hunger Walk" event on November 5, 2017.	27 Contact your school or faith community about organizing or participating in a food drive.	28 Share with a friend that 789,330 people in Louisiana are struggling with hunger – and 261,230 are children.	29 WBRZ's Feed A Family Friday. Visit a FAF store (location TBA) to donate food while WBRZ broadcasts live.	30 Post online what you can't do on an empty stomach, but what you can do (& have done) to fight hunger!