

# SEPTEMBER IS Hunger Action Month® | FEEDING AMERICA



## 30 Ways in 30 Days!

Check out all the ways you can help fight hunger this Hunger Action Month!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> <b>SHARE</b> this calendar on your church, school or work bulletin board.	<b>2</b> <b>FOLLOW</b> NHFB on social!
<b>3</b> <b>COLLECT</b> change & donate to NHFB at end of month.	<b>4</b> <b>LABOR DAY!</b> Make a donation in someone's name.	<b>5</b> <b>DID YOU KNOW?</b> NH Food Bank distributed more than 16 million pounds of food in 2022? 	<b>6</b> <b>TURN</b> your Facebook profile orange with a Facebook frame!	<b>7</b> <b>SKIP</b> your morning coffee this month and donate what you would spend to NHFB!	<b>8</b> <b>COOKING MATTERS®</b> Visit <a href="http://cookingmatters.org">cookingmatters.org</a> for healthy tips and recipes.	<b>9</b> <b>DONATE</b> grocery store gift cards
<b>10</b> <b>HOST</b> a <b>FOOD DRIVE</b> and donate your collection at the end of the month!	<b>11</b> Remembering 9/11 NH Food Bank WBS/HUB Golf Tournament	<b>12</b> <b>DONATE</b> your garden surplus.	<b>13</b> <b>HOST</b> a peanut butter drive.	<b>14</b> <b>LEARN</b> about NHFB's Granite State Market Match + Double Up Food Bucks programs.	<b>15</b> <b>HUNGER ACTION DAY!</b> Go orange for the day and take action to help end hunger! NHFB's Mac Off Competition	<b>16</b> <b>SHARE</b> NHFB's weekly mobile food pantry updates on social!
<b>17</b> <b>DOUBLE</b> your Impact! Look into if your employer offers donation <b>MATCHING!</b>	<b>18</b> <b>CALL</b> a school in your community and offer to pay off a student lunch debt.	<b>19</b> <b>LEARN</b> about NHFB's 'NH Feeding NH' program	<b>20</b> <b>ORGANIZE</b> a dress down day w/employer. Participants donate to NHFB.	<b>21</b> <b>SIGN UP</b> for our e-newsletter and stay in touch!	<b>22</b> <b>VISIT</b> our website + learn more about us!	<b>23</b> <b>PURCHASE</b> extra food & donate.
<b>24</b> <b>GEAR UP</b> for the last week of <b>HAM.</b>	<b>25</b> <b>VOLUNTEER</b> <b>SIGN UP</b> to volunteer with us!	<b>26</b> <b>CHECK OUT</b> our Food Map to see which of our partner agencies are closest to you!	<b>27</b> <b>DID YOU KNOW?</b> NH Food Bank is the <b>ONLY</b> Food Bank in NH, serving more than 400 partner agencies. 	<b>28</b> <b>LEARN</b> about NHFB's Culinary Job Training program.	<b>29</b> <b>NHFB's Mac Off Competition</b> Sign up your team to compete!	<b>30</b> <b>PLAN AHEAD</b> The fight against hunger doesn't end here! Look ahead and see how you can help during the holidays!

For more details, visit: [NHFOODBANK.ORG/HAM](http://NHFOODBANK.ORG/HAM)