Together We Can Solve Hunger™

30 Ways You Can Help in 30 Days

HUNGER ACTION MONTH™

SEPTEMBER 2013

www.clevelandfoodbank.org/HungerActionMonth

Cleveland Foodbank
The vital link between food & hunger.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Send this calendar to friends and family—and ask them to share it too!	2 Like the Cleveland Foodbank on	3 Request the Foodbank e-newsletter	4 Change your Facebook cover photo to a HAM image	5 Go orange! Wear orange or Go Orange digitally.	6 Post this calendar to your office fridge	7 Crocker Park Food Drive*
8 Grandparents Day! Send a donation to the food bank in their honor.	9 Taste of the Browns!**	10 Crocker Park Restaurant Week	11 Arrange for a tour of the Cleveland Foodbank	12 Start the SNAP Challenge. Eat on $5 a day.	13 Watch the film *30 Days on Minimum Wage*	14 Write a Letter to *Congress at house.gov/representatives/find*
15 Donate a grocery store gift card to the food`bank	16 Follow the food bank on Twitter	17 Share hunger or SNAP facts with friends	18 Like Feeding America on	19 Make coffee at home and donate what you would have spent to the food bank	20 Fill out a paper plate to send to our local elected officials	21 View poverty statistics for your county at Map the Meal Gap
22 Change your status for Hunger	23 ADVOCATE: Visit the Hunger Action Month page for more info	24 Host a Virtual food drive	25 Write a letter to a newspaper editor about hunger	26 Volunteer at the Foodbank	27 Register to vote or encourage others to register	28 Human Arc's Race to a Million 5K walk/run
29 Make a financial contribution to the food bank	30 Book mark our website: www.clevelandfoodbank.org					

Learn more about us at www.clevelandfoodbank.org

* Crocker food drives will take place on Sept. 7, 14, 21 and 28 from 11 a.m. to 2 p.m.

** Tickets for Taste of the Browns are available at www.clevelandfoodbank.org/TasteTickets2013

***Register for Race to a Million at www.clevelandfoodbank.org/HumanArc5K

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