

SEPTEMBER IS HUNGER ACTION MONTH™



Act now to help end hunger.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>Post this calendar on your home or office fridge for an easy reminder!</p>	<p>Visit foodbankcenc.org/HungerActionMonth</p> <p> /FoodBankCENC @FoodBankCENC /FoodBankCENC FoodBankCENC blog.foodbankcenc.org </p>			<p>1</p> <p></p> <p>#30Facts30Days</p> <p>Check us out on Twitter every day at noon to learn a Food Bank fact! Follow @FoodBankCENC.</p>	<p>2</p> <p></p> <p>Calling Hunger Heroes</p> <p>Kids: Join Souper Can and help fight hunger! foodbankcenc.org/KidsPage</p>	<p>3</p> <p>Virtual Food Drive</p> <p>Hosting a food drive has never been so easy! Start a team or hold one as an individual online. foodbankcenc.org/VFD</p>	
<p>4</p> <p></p> <p>Join Us On Facebook</p> <p>Like the page. Follow the page. See how we're helping hungry families in need every day. facebook.com/FoodBankCENC</p>	<p>5</p> <p>Labor Day</p> <p>Collect donations from your cookout guests for the Food Bank. foodbankcenc.org/FoodDrive</p>	<p>6</p> <p>Share Your Story</p> <p>Tell us how hunger has affected you or your family. Send it to communication@foodbankcenc.org</p>	<p>7</p> <p></p> <p>Volunteer</p> <p>Volunteer at any of our six branch locations. foodbankcenc.org/Volunteer</p>	<p>8</p> <p>Hunger Action Day®</p> <p>Wear orange and share via social media why you support hunger relief.</p>		<p>9</p> <p>Organize a Food Drive</p> <p>Get neighbors, friends, & family involved to give back! Download the toolkit: foodbankcenc.org/FoodDrive</p>	<p>10</p> <p></p> <p>Check Out Our Instagram</p> <p>Is Instagram your favorite app? We're there too! FoodBankCENC</p>
<p>11</p> <p>National Grandparents Day</p> <p>Show your love by making a donation to the Food Bank in their honor. foodbankcenc.org/Tribute</p>	<p>12</p> <p>Students Against Hunger</p> <p>Encourage your school to join this annual student food drive & competition. foodbankcenc.org/SAH</p>	<p>13</p> <p>Be a Social Media Ambassador</p> <p>Use your social media powers for good! Become a networked volunteer for the Food Bank. foodbankcenc.org/SMA</p>	<p>14</p> <p>September is Better Breakfast Month</p> <p>Hold a food drive to raise healthy breakfast food like oatmeal and low sugar cereals!</p>	<p>15</p> <p>#FOODBANK24</p> <p>Help us raise enough funds to provide 150,000 meals and take a virtual tour of the Food Bank!</p>		<p>17</p> <p>Purple Feet Festival At Silver Coast Winery</p> <p>\$5 admission for adults with a bag of canned goods. More info foodbankcenc.org/events</p>	
<p>18</p> <p>Speak Out</p> <p>Post on Facebook, tweet, write a blog post, or submit a Letter to the Editor to show your support of Hunger Action Month.</p>	<p>19</p> <p>Show us your best #helpie</p> <p>Volunteering? Take a selfie and share it on Twitter or Instagram! Tag us @FoodBankCENC.</p>	<p>20</p> <p>Visit Our Blog</p> <p>Get an in-depth view of our work & read stories of the people we serve. blog.foodbankcenc.org</p>	<p>21</p> <p>Sign up for Our Newsletter</p> <p>Request a print copy of our quarterly free newsletter, Hunger Matters. foodbankcenc.org/NewsRequest</p>	<p>22</p> <p>Cook Dinner at Home</p> <p>Set an empty plate at the table to remind your family about others facing hunger.</p>	<p>23</p> <p>Fresh Food Friday</p> <p>What fresh produce are we distributing to the community today? Find out on Facebook: facebook.com/FoodBankCENC or on Instagram: FoodBankCENC</p>	<p>24</p> <p>Kitchens of New Bern Tour</p> <p>Explore the heart of historic New Bern at our annual Kitchen Tour. foodbankcenc.org/KitchenTour</p>	
<p>25</p> <p>Take a Tour</p> <p>Learn more about our mission and get a behind-the-scenes look by taking a tour of your local Food Bank branch. Email to schedule a time: FoodDrive@foodbankcenc.org</p>	<p>26</p> <p>It's Johnny Appleseed Day</p> <p>Hold a food drive to collect applesauce.</p>	<p>27</p> <p>Meet Kate</p> <p>She looks like an ordinary girl, but there's something you don't know about her: foodbankcenc.org/Kate</p> 	<p>28</p> <p>Stay Informed</p> <p>Don't miss a thing! Get important updates on the latest Food Bank news by email. foodbankcenc.org/SignUp</p>	<p>29</p> <p>Growing to Feed More</p> <p>See the impact of your donation. Check out our 2015 Impact Report. foodbankcenc.org/ImpactReport</p>	<p>30</p> <p></p> <p>Donate</p> <p>For every dollar donated, we can provide 5 meals to a neighbor in need. Give today! foodbankcenc.org/Donate</p>	<p>FOOD BANK</p>  <p>OF CENTRAL & EASTERN NORTH CAROLINA</p>	