

TUE WED THU FRI SAT SUN Mon 5 3 4 1 2 6 7 Stay Informed! Twitter Event: 30Facts-30Days Spread the Word Volunteer Join Us on Facebook! Learn More About Hunger **GO ORANGE** Don't miss a thing... Get important Get a Food Bank Fact a Day Write a letter to a newspaper Volunteer at any of our six See what's new for View details about hunger in updates on the latest news by every day at noon. Use hashtag editor or post a blog about branch locations. #FreshFoodFriday vour community email. #30Facts30Days Hunger Action Month. foodbankcenc.org/Volunteer facebook.com/FoodBankCENC foodbankcenc.org/CountyStats foodbankcenc.org/SignUp TWEET 8 10 11 12 **13** 14 LIVE Organize a Food Drive Free Bumper Sticker Snag a Badge Honor-Memorial Gift Buy or Sell on eBay? Event: Raleigh Event: Raleigh Get neighbors, friends & family Show your support every time Post a Hunger Action Month Give in honor or memory of a Sign up for eBay GivingWorks to 24-Hour Telethon! Starting at 24-Hour Telethon Continues... you drive! involved! Tips at Badge to your website or blog! loved one today. benefit the Food Bank. noon w/a Food Truck Rodeo. Midnight Madness, 2am Dance-a foodbankcenc.org/HAM foodbankcenc.org/HAMBadge foodbankcenc.org/eBay Join us or tune in! foodbankcenc.org/BumperSticker foodbankcenc.org/Tribute -Thon, 6 am Breakfast! www.foodbank24.org www.foodbank24.org 15 16 17 18 19 20 21 **Event: Wilmington Double Your Impact** Students Against Hunger Start a Fundraiser Meet Kate! Be a Social Media Ambassador Take a Tour! Cape Fear Corvette Show, over Your company may offer Encourage your school to join Create a personal campaign to She looks like an ordinary girl... Use your Social Media Powers Enjoy a tour of the Raleigh Headquarters Warehouse, Email 100 on display! Food, music, matching gifts to the Food Bank. this annual student food drive. get friends/family involved! but there's something you don't for good! Become a networked prizes, food donations accepted. foodbankcenc.org/MatchingGifts foodbankcenc.org/SAH foodbankcenc.org/ know about her: volunteer for the Food Bank. to schedule a time: foodbankcenc.org/Events NoEmptyBowls foodbankcenc.org/HungryKate foodbankcenc.org/SMA FoodDrive@foodbankcenc.org 22 26 27 28 23 24 25 United Way Day of Caring Read a Book to a Child Share! Link Your Food Lion Card Calling Hunger Heros! Get the Hunger Beat! **Event: New Bern** Kids: Join Souper Can & help Cast your vote for unique Can-Join us for the Kitchens of New Check out books on hunger such Visit our Hunger Action Month Donate a portion of your grocery Request the print copy of our page & spread the word. bill every time you shop. Enter fight hunger! newsletter, The Hunger Beat as Uncle Willie & the Soup Structures in the Triangle. Kitchen, Sam & the Lucky Money, foodbankcenc.org/HAM Food Bank code: 250485 foodbankcenc.org/KidsPage foodbankcenc.org/NewsRequest foodbankcenc.org/Events foodbankcenc.org/KitchenTour

## **29**

Food Stamp Challenge
Try living on a Food Stamp Budget
(about \$4/day)
foodbankcenc.org/FNS

or Kids Against Hunger

## 30

Donate \$1 = \$10 worth of food or 5 meals. Give today! foodbankcenc.org/Donate



FoodLionMVPRewards.com





















THE FOOD BANK OF CENTRAL & EASTERN NORTH CAROLINA: NO ONE GOES HUNGRY.

WWW.FOODBANKCENC.ORG/HUNGERACTIONMONTH