

SEPTEMBER 2018

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Post this calendar on your home or office fridge for an easy reminder!



1 **Update Your Facebook**
Update your Facebook with the Hunger Action Month cover photo.
foodbankcenc.org/HungerActionMonth

2
Share This Calendar
Share this calendar and spread the word about hunger.

3
Labor Day
Collect donations from your cookout guests for the Food Bank.
foodbankcenc.org/FoodDrive

4
Share Your Story
Tell us how hunger has affected you or your family. Send it to communication@foodbankcenc.org.

5
Volunteer
Volunteer at any of our six branch locations.
foodbankcenc.org/Volunteer

6
Nourishing Neighbors. Building Solutions.
See the impact of your donation. Check out our 2017 Impact Report.
foodbankcenc.org/ImpactReport

7
Organize a Food Drive
Get neighbors, friends, & family involved to give back!
Download the toolkit:
foodbankcenc.org/FoodDrive

8
Check Out Our Instagram
Is Instagram your favorite app? We're there too!
[@FoodBankCENC](https://www.instagram.com/FoodBankCENC)

9
National Grandparents Day
Show your love by making a donation to the Food Bank in their honor.
foodbankcenc.org/Tribute

10
Students Against Hunger
Encourage your school to join this annual student food drive & competition.
foodbankcenc.org/SAH

11
Be a Social Media Ambassador
Use your social media powers for good! Become a networked volunteer for the Food Bank.
foodbankcenc.org/SMA

12
September is Better Breakfast Month
Hold a food drive to raise healthy breakfast food like oatmeal and low sugar cereals!

13
Hunger Action Day®
Wear orange and share via social media why you support hunger relief.

14
Cook Dinner at Home
Set an empty plate at the table to remind your family about others facing hunger.

15
Virtual Food Drive
Hosting a food drive has never been so easy! Start a team or hold one as an individual online.
foodbankcenc.org/VFD

16
Speak Out
Post on Facebook, tweet, write a blog post, or submit a Letter to the Editor to show your support of Hunger Action Month.
#NoOneGoesHungry

17
Show us your best helpie
Volunteering? Take a selfie and share it on Twitter or Instagram! Tag us [@FoodBankCENC](https://twitter.com/FoodBankCENC).
#NoOneGoesHungry

18
Visit Our Blog
Get an in-depth view of our work & read stories of the people we serve.
blog.foodbankcenc.org

19
Sign up for Our Newsletter
Request a print copy of our quarterly free newsletter, Hunger Matters.
foodbankcenc.org/NewsRequest

20
Follow us on Twitter
Check us out on Twitter at twitter.com/FoodBankCENC.

21
Fresh Food Friday
What fresh produce are we distributing to the community today? Check our Social Media for this week's #FreshFoodFriday post

22
Donate
For every dollar donated, we can provide 5 meals to a neighbor in need. Give today!
foodbankcenc.org/Donate

23
Talk
Talk about hunger with your family.

24
Stay Informed
Don't miss a thing! Get important updates on the latest Food Bank news by email.
foodbankcenc.org/SignUp

25
Read Our Fall Newsletter
Visit foodbankcenc.org/newsletter.

26
It's Johnny Applesed Day
Donate fresh apples via our Virtual Food Drive at foodbankcenc.org/VFD.

27
Buy Chef's Feast Tickets
Visit ChefsFeastNC.org to find your local Chef's Feast event.

28
Pack Your Lunch
Pack your lunch and donate what you would have spent to the Food Bank.

29
Kitchens of New Bern Tour
Explore the heart of historic New Bern at our annual Kitchen Tour.
foodbankcenc.org/KitchenTour

30
Continue
Take what you learned this month and help the Food Bank all year long.