**September is Hunger Action Month**

**30 Ways in 30 Days — Together We Can Solve Hunger**



**SEPTEMBER 2017**



|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
|  |  | **Spread the Word post a 30 Ways in 30**  **Days Calendar on**  **the office fridge** | **Check out Hunger Volunteer for the campaign or scan a coupon at your local grocery store this**  **fall** | **Join Our Team!**  **Become a Food- Bank volunteer today!** | **1**  **Find Fulfill on Face- book and “Like” us. Then ask your** **friends to like us** **too!**  **C:\Users\Intern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L7FZ2B1J\THM_0012793788[1].jpg** | **2**  **Wear orange to show your support and raise awareness for hunger action month!** |
| |  | | --- | | **3**  **Garage Sale:**  https://thumbs.dreamstime.com/t/isolated-garage-bike-doorway-hand-drawn-cartoon-50458973.jpg **Organize a neighborhood garage sale & donate 10 % of the proceeds** | | http://www.clipartbest.com/cliparts/niE/RoL/niERoLxiA.png**4**  **Share A Meal with *loved ones* While cooking and eating, discuss**  **the importance of fighting hunger.** | **5**  **Hunger Action**  **Family Day! S.O.S Food Drive**  C:\Users\Intern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\G6MNVI5H\stick-figure-family[1].jpg | **6**  **Brown Bag Benefit: Ask co-workers to bag lunches next week, and donate money saved to Fulfill** | **7**  **Foodless Food Drive: Encourage your civic organi- zation to raise funds for the FoodBank** | **8**  https://up-1.cdn-fullscreendirect.com/production/photos/7491/large/20150403_153557_7491_712424.jpeg**Visit The B.E.A.T. Center! Located on 1769 Hooper Avenue Toms River, NJ 08753** | **9**  **Walk with us at Sea Girt Centennial Parade. C:\Users\Intern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L7FZ2B1J\large-marching-band-0-7549[1].gifC:\Users\Intern\AppData\Local\Microsoft\Windows\Temporary Internet Files\Content.IE5\L7FZ2B1J\large-marching-band-0-7549[1].gif** |
| http://www.clipartbest.com/cliparts/niX/oKe/niXoKeqkT.png**10**  **Set an empty plate to remember the less fortunate throughout the year** | **11**  **Grandparents Day! Plan an activity with your grandparents**  **to help those in need** | **12**  **Day of Service/ Hunger Challenge**  **Sign Up for our Virtual Turkey Drive at Fulfill to kick off the Hunger Challenge** | http://cliparts.co/cliparts/8iG/6jy/8iG6jy5jT.jpg**13**  **Match it! Ask your**  **employer to match**  **employee donations to Fulfill**  **for Hunger Action Day** | **14**  **Pound$ for Dollar$ Convert $ into pounds by donating on behalf**  **of your school to help meet the school challenge** | **15**  **NJ Food Bank ADVOCACY**  **DAY!**  **TRENTON** | **16**  http://payload159.cargocollective.com/1/1/55977/5498861/emotion_FerrisWheel5x.gif**Attend the Healing Hunger Carnival!** |
| https://thumb10.shutterstock.com/thumb_large/379444/99736193/stock-vector-vector-united-states-election-vote-button-99736193.jpg**17**  **Speak out**  **Write or call your**  **elected officials. Ask for support of pro- grams that help hungry families** | **18**  **Kick-off Students Change Hunger. Enroll your school!** | **19**  **Students Change Hunger Day!** | https://s-media-cache-ak0.pinimg.com/736x/18/27/e4/1827e45e1f9bba8a2b4805593fa1df53.jpg**20**  **Spread it Around**  **Peanut Butter and**  **Jelly are needed. Organize a food drive.** | **21**  **Garden Abundance**  **Bring your extra**  https://encrypted-tbn2.gstatic.com/images?q=tbn:ANd9GcTTSI2o07JEelGYBav8pbXgYT_xPRf0f-0T-uY3Je4EddoePWuO**produce to a local food pantry** | **22**  **Special Donor Reception!** | **23**  **Sweet Savings**  **Pass up dessert and**  **donate the savings to Fulfill.** |
| **24**  **Thank a Chef**  **Say “thanks” to the**  **generous chefs who donated to the Culinary Classic by dining out** | **25**  **Join us for the 26th annual Culinary Classic at Doolan’s in Spring Lake** | **26**  **Follow us on snapchat:**  **fulfillnj** | **27**  **Feed a Family**  **Donate 30 non-**  **perishable food items to Fulfill.** | **28**  **Take a selfie balancing a spoon on your nose and hashtag it #Spoontember. Be sure to challenge three friends by tagging them in your post!** | **29**  **Become a Donor– Learn more!** | **30**  **Join us on October 14 for Childhood Hunger Day!** |

The FoodBank of Monmouth and Ocean Counties is now FULFILL

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