

September is Hunger Action Month





















Help fight hunger in Southeast Nebraska!

To learn more, visit:

www.lincolnfoodbank.org

www.hungeractionmonth.org

30 Ways in 30 Days

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Thank You to</p>  <p>for their support of Hunger Action Month!</p>			<p>1 Take the Hunger Action Month Pledge at www.hungeractionmonth.org</p> 	<p>2 Skip Lunch and Feed a Bunch! For every dollar you donate the Food Bank distributes over \$7 worth of food.</p>	<p>3 Post a 30 Days in 30 Ways calendar in your office and encourage your co-workers to get involved!</p>	<p>4 Find the Food Bank of Lincoln on Facebook and be sure to "like" us.</p> 
<p>5 Write a letter to elected officials about hunger. www.congress.org</p> 	<p>6 Download coloring pages for your kids! www.hungeractionmonth.org</p> 	<p>7 Find out where the Food Bank of Lincoln, shelters, and community kitchens are and find out what their needs are.</p>	<p>8 Dine Out to Help Out! 90 restaurants are donating their proceeds of this day to the Food Bank of Lincoln. For a list, visit: http://www.lincolnfoodbank.org</p>	<p>9 Learn about the Food Bank's Housewarming project</p> 	<p>10 Visit our NEW virtual food drive! www.lincolnfoodbank.org</p> 	<p>11 Send an email to your friends about Hunger Action Month. Visit www.hungeractionmonth.org for an email template.</p>
<p>12 Grandparents Day! Send a donation to the Food Bank in their honor.</p> 	<p>13 Set an empty plate at your table. Let this be a reminder to you of those who are at risk of hunger.</p>	<p>14 Ask your employer to match employee donations for the Food Bank of Lincoln.</p>	<p>15 Visit Walgreens purchase personal care items for a Lincoln charity. Visit the Food Bank website for a "most needed" list.</p>	<p>16 Go without a meal for the day and reflect on the reality of hunger in America.</p> 	<p>17 Donate a grocery or pharmacy gift card to the Food Bank of Lincoln to share with a family in need.</p>	<p>18 Movie Night! Watch "30 Days on Minimum Wage" with your family/friends</p> 
<p>19 Make a difference, not just this month, but every month and become a monthly FULL PARTNER donor at the Food Bank.</p>	<p>20 Make a donation to BackPack PROGRAM</p> 	<p>21 Read a book about hunger to your children, such as "Uncle Willie and the Soup Kitchen"</p>	<p>22 Volunteer At a soup kitchen or the Food Bank of Lincoln!</p> 	<p>23  Set up a collection box at your office or church and make a donation to the Food Bank of Lincoln, shelter or pantry.</p>	<p>24 Cook a meal with your family or friends  and discuss the importance of fighting hunger.</p>	<p>25 Stay involved! Sign up for our Newsletter www.lincolnfoodbank.org</p>
<p>26  Check out today's Lincoln Journal Star newspaper for Kraft Foods coupons.</p> 	<p>27 Read the local hunger report on the Food Bank of Lincoln website. www.lincolnfoodbank.org</p>	<p>28 Register to Vote! Your voice can make a difference!</p> 	<p>29 Try to provide 3 healthy meals on the average food stamp budget of only \$3 per day.</p>	<p>30  Donate 30 non-perishable items to the Food Bank of Lincoln in celebration of Hunger Action Month.</p>	 <p>www.lincolnfoodbank.org</p>	