

HUNGER ACTION MONTH
























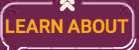



COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA



SEPTEMBER 2024

30 Ways in 30 Days to Take Action against Hunger.

SUN	MON	TUE	WED	THU	FRI	SAT
<p>1  @foodbankofsaz</p> <p>Follow us on social media to learn more about hunger in our community and to keep up with Hunger Action Month activities!</p>	<p>2 Start a conversation with your child about hunger.</p> <p>Use it to create a drawing for our 2025 Calendar </p> <p>communityfoodbank.org/kids-calendar</p>	<p>3 </p> <p>Help spread the word by sharing this calendar with family, friends, organizations, recreational groups, and more!</p>	<p>4 Wear orange to raise awareness!</p> 	<p>5 International Day of Charity</p> <p>\$1 HELPS PROVIDE 4 MEALS</p> <p>Donate, Volunteer, or Host a Food Drive: communityfoodbank.org</p>	<p>6 National Food Bank Day</p> <p>Post on your social media and tag #NationalFoodBankDay to give your local food bank (CFB) a shout out!</p>	<p>7 Hunger Walk 2024</p> <p>Register for the in person or virtual HungerWalk 2024 communityfoodbank.org/HungerWalk</p>
<p>8 </p> <p>Try a healthy new recipe!</p>	<p>9 </p> <p>Talk to your employer about matching donations.</p>	<p>10 It's Hunger Action Day!</p>  <p>Urge Congress to pass a strong Farm Bill! bit.ly/FAfarmbill</p>	<p>11 Day of Service and Remembrance</p> <p>Email volunteer@communityfoodbank.org to learn about our volunteer opportunities.</p>	<p>12 </p> <p>Collect your extra change through the month and donate it to CFB.</p>	<p>13 Hunger Fact Friday</p> <p>Spread the word about hunger in our community by sharing a fact on social.</p> <p>CFB distributed 36,037,177 pounds of food last year.</p>	<p>14 </p> <p>Join us today at HungerWalk starting at 8am and post your #WhyIWalk selfies on social media!</p>
<p>15 </p> <p>Host a food drive cookout! Invite your friends & family to bring canned food donations.</p>	<p>16 </p> <p>Sign up for our Advocacy newsletter to take action against hunger! communityfoodbank.org/newsletters</p>	<p>17 It's National Voter Registration Day</p> <p>Your voice can make a difference for a hunger-free tomorrow. </p>	<p>18 </p> <p>Have a CFB Representative speak at your next gathering. Email engage@communityfoodbank.org</p>	<p>19 </p> <p>Support local food systems and economic growth by shopping at our CFB Santa Cruz River Farmers' Market: Thursdays MSA Annex</p>	<p>20 Hunger Fact Friday</p> <p>1 in 5 children face hunger in Arizona. </p>	<p>21 </p> <p>Selfie Saturday!</p> <p>Tag us @foodbankofsaz showing how you completed one of the Hunger Action Month Activities!</p>
<p>22 </p> <p>Movie Night! Watch the film "A Place at the Table" to learn more about food insecurity.</p>	<p>23 </p> <p>Start your own online fundraiser! Visit communityfoodbank.org/get-involved/host-a-fundraiser/</p>	<p>24 </p> <p>Schedule a tour to come in and see the amazing work being done at CFB. Email engage@communityfoodbank.org</p>	<p>25 </p> <p>Make a donation in honor of a loved one!</p>	<p>26 </p> <p>Contact your local school and offer to pay off a student's lunch fees.</p>	<p>27 Hunger Fact Friday</p> <p>People in AZ facing hunger are estimated to need \$666,169,000 more per year to meet their food needs. </p>	<p>28 Las Milpitas Farm Mercadito</p> <p>Come support small local vendors and visit our farm at 2405 S Cottonwood Ln. from 9am - 12pm. </p>
<p>29 </p> <p>hunger with the Zero Hunger Academy hungercenter.org/what-we-do/zero-hunger-academy/</p>	<p>30 </p> <p>Check out upcoming food drives & events benefitting CFB! Winterhaven Festival of Lights is coming in December.</p>	<p>PRINT THIS CALENDAR & POST ON YOUR REFRIGERATOR!</p> <p>Learn how you can help at CommunityFoodBank.Org/Hunger-Action-Month</p> <p>See the impact of hunger in our community. Find the latest numbers on food insecurity in our state at map.feedingamerica.org</p>				