



# HUNGER ACTION MONTH

30 Ways in 30 Days

Help your hungry neighbors

Member of Feeding America

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

September is **Hunger Action Month**. Print or save this calendar and join us, won't you?

2

Head to our [website](#) for stories, meal sites, volunteer information and more!

3

Certain purchases through [Generous Goods](#) benefits L&F!

4

Check out the [Relief Sessions Summer Concert Series](#) this weekend!

5

Make today's coffee/meals at home and [donate](#) the money you would have spent!

6

Check out a few of our favorite meals from the week! [Send us a picture](#) of your home cooked meal today!

7

[Fire up the grill](#) for Labor Day! Multiple L&F locations have provided meals right off the grill this summer.

8

[Grab a friend and volunteer](#) together for the day at one of our community meal sites!

9

Join Executive Director Cathy Maes on [Facebook Live](#) at 12 p.m.

Hunger Expert!

10

It's **Hunger Action Day!** Snap a selfie wearing orange and share an action against hunger you can take.

11

Sign-up to receive our monthly [E-newsletter!](#)

12

On Saturdays we bring healthy, mobile meals with our street outreach program! [Learn more here.](#)

13

You never know who you can help feed this week! Share our [community meal site location page.](#)

14

Do you have extra **farm or garden produce** on hand? Drop it off in the back of our warehouse!

15

We are always looking for volunteers! Stay up-to-date by joining our [Volunteer Facebook page.](#)

16

One of the simplest, most effective ways to help is by becoming a [monthly donor!](#)

17

Share an easy-to-make, healthy recipe by [Tweeting it](#) at us today!

18

Read about one of our first ever HUB partners, [Sarah's Oasis!](#)

19

Are you following us on [Instagram?](#)

20

[Volunteer with us this week!](#) There are opportunities for individuals, and large or small groups.

21

Write a letter to an editor about **Hunger Action Month** or another hunger-related issue.

22

Help [stop food waste](#) today! DYK: We have rescued nearly 4 Million pounds of food in 2020.

23

Everything we do is for our guests! [Check out a guest story today.](#)

24

We will be accepting all **non-perishable food items** in the back of our warehouse today!

25

Don't forget to follow us on [Twitter!](#)

26

Our mission reaches past the metro and [into Greater Minnesota.](#) Check out our feature from Marshall!

27

Share a hunger fact, use the hashtag **#HungerAction** and tag us!

28

DYK: We have an entire page dedicated to [advocacy?](#) Share with someone who could benefit!

29

Make sure to go like us over on [Facebook!](#)

30

[Don't stop here!](#) We still need YOU. Consider donating or volunteering with us!

