


# SEPTEMBER

**CHOOSE TO STAND AGAINST HUNGER. SHARING, VOLUNTEERING, AND DONATING ARE JUST A FEW OF THE WAYS TO HELP END THE IMPOSSIBLE CHOICES OF HUNGER.**

SUN	MON	TUE	WED	THU	FRI	SAT	
	@FredFoodVA #HungerActionMonth 				Share the 30 Ways in 30 Days calendar with friends and coworkers! 1	National Food Bank Day! Visit our <a href="#">website</a> & learn about our mission 2	Turn your <a href="#">Facebook Profile</a> Orange all month long! 3
Celebrate Labor Day by Hosting a <a href="#">Virtual Food Drive!</a> 4	Support FRFB while you shop those Labor Day deals at <a href="https://smile.amazon.com">smile.amazon.com</a> 5	Visit our blog <a href="#">Food Digest</a> to learn more about Hunger Action Month! 6	Follow us on Facebook, Instagram & Twitter @FredFoodVA 7	Add a #HungerActionMonth frame to your Facebook profile picture. 8	<a href="#">Volunteer</a> with our OrderAhead Program and #ShareYourCare 9	Consider making a monthly gift and fight hunger all year round 10	
Share this week's <a href="#">Distribution Schedule</a> on Social Media. 11	Share your concerns about hunger in our community & tag @FredFoodVA 12	Celebrate Hunger Action Month with a " <a href="#">Replacing Food Scarcity with Food Security</a> " T-Shirt 13	<a href="#">Spread the word</a> around the impossible choices of hunger. 14	Make coffee at home for a week and <a href="#">Donate</a> the funds you saved 15	Check to see whether your company matches donations or volunteer hours. 16	Learn about hunger in our community at <a href="#">Map The Meal Gap</a> 17	
Join our sustainer group <a href="#">Meal Makers</a> by making a recurring donation. 18	<a href="#">Volunteer</a> to deliver food to a senior in need with our CSFP Program 19	Take the SNAP Challenge! Budget \$48 dollars this week for groceries 20	Change for Change! Donate the contents of your spare change jar! 21	Register a team for our 11th Annual <a href="#">Canstruction!</a> 22	Post a photo of the family dressed in Orange and tag @FredFoodVA 23	Join us for our <a href="#">Open House</a> in recognition of 40 Years serving our community. 24	
<b>National Cooking Day.</b> Squash out hunger & make a recipe using orange ingredients 25	National Family Day - Sign up to <a href="#">Volunteer</a> as a group today! 26	Request a FRFB <a href="#">speaker</a> to talk about hunger at your church, group or office. 27	Register to <a href="#">Volunteer</a> at a Drive-Thru or Mobile Pantry 28	Come <a href="#">take a tour</a> of the Fredericksburg Regional Food Bank 29	Join us for a "Community Day of Agriculture" at Tractor Supply 30		