

30 Ways in 30 Days

Fight Hunger throughout the Month!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Host a group to watch and discuss the movie <i>30 Days on Minimum Wage</i> .	2 Find out how you can help at a local shelter or community kitchen.	3 Visit the websites of hunger relief organizations to learn how you can become involved.	4 Invite friends to “virtual lunch.” Donate the estimated cost to a hunger relief organization.	5 Inquire about volunteering at Food Gatherers or another hunger relief organization.	6 Send this calendar to a friend!
7 Read <i>Fly Away Home</i> , <i>Uncle Willie’s Soup Kitchen</i> or another book about hunger with your children.	8 Try to make 3 healthy meals with only \$5/day per person (allotted Food Stamp amount).	9 Write a letter to your elected officials about hunger. Visit www.congress.org for contact info.	10 Hold a food drive in your school, work or faith community.	11 Take public transportation for one week and donate gas money to a hunger relief organization.	12 Energize your book club around a book that focuses on issues of hunger and poverty.	13 Ask food businesses if they donate their extra food to Food Gatherers’ food rescue program.
14 Learn about the Earned Income Tax Credit that helps low-income working families.	15 Help distribute food at a food pantry in your neighborhood.	16 Host a potluck where everyone shares stories about the meaning of food in their lives.	17 Join a food bank’s monthly donor program. Sign up at www.networkforgood.org .	18 Donate a grocery store gift card to your local food pantry so they can provide more food.	19 Hold a personal care items drive. Collect diapers, toothpaste, soap, and shampoo.	20 Find out how the newly passed Farm Bill law will help millions of hungry Americans.
21 Use half the dollar amount you normally spend for food then donate the other half.	22 Educate your school, work or faith group about hunger and poverty.	23 Attend Take a Chance Tuesday at The Ark. Hear free live music and bring a food donation.	24 Encourage local grocery stores and farmer’s markets to accept Food Stamps.	25 Donate extra veggies from your garden (or buy some) to the <i>Plant a Row for the Hungry</i> program.	26 Hold a high protein food drive. Collect tuna, peanut butter, beans, and nutritional supplements.	27 Write a letter to a newspaper or local publication about hunger in your community.
28 Bring your children to help out at programs that serve homeless families.	29 Donate to a hunger relief organization to celebrate the memory of a loved one.	30 Stay current on more ways to help. Subscribe to Food Gatherers’ email mailing list.				

