HUNGER ACTION MONTH™

September is Hunger Action Month (HAM) and Second Harvest Foodbank is asking everyone to speak out against hunger in their southwestern Wisconsin community.

Follow this calendar for daily ways to make a difference giving funds, food, time and voice. Visit **SecondHarvestMadison.org** to take action against hunger all year!

30 WAYS IN 30 DAYS

Help Second Harvest raise the most meals in the Madison vs. Lincoln Food Bowl! Click Food Bowl from our website's Events tab.

SATURDAY

1 Get in the Bucky spirit! Collect food and funds at your next Badger football party.

SUNDAY

2 Share this calendar with your Facebook friends and family.

MONDAY

3 Host a Labor Day potluck. Share food stories and discuss how you can fight hunger.

TUESDAY

4 Donate online to Second Harvest on our website. $1 provides 3 meals for someone in need.

WEDNESDAY

5 Have people in need call the FoodShare Helpline (1-877-FOOD-635) to learn if they qualify for FoodShare (food stamp) benefits.

THURSDAY

6 **Go Orange Day!** Wear orange (symbolic color for hunger), take your photo and post it to Facebook.com/NBC15Madison.

FRIDAY

7 Share your food/fund drive plans on our Facebook page.

8 Volunteer Saturdays or weekdays at Second Harvest with family or coworkers. Call DeNae 608-216-7214.

9 Join the Foodbank on Facebook and Twitter and blog/tweet/post about Hunger Action Month.

10 Make coffee at home this week instead of buying it. $3 a day for 7 days provides 63 meals at the Foodbank.

11 Observe a moment of silence for 9/11 and another for community members facing hunger.

12 Enter the month-long drawing for a $125 AVEDA products shopping spree at Studio 262 Salon, Middleton, for every donation of $5 or 3 non-perishable items.

13 Come take a tour of the Foodbank's 42,000-square foot warehouse. Email TamiL@shfbmadison.org.

14 Register for East Dane County Chapter of Thrivent Financial for Lutheran's Sept. 22nd Bike & Boogie for Hunger at bikeandboogie.com.

15 Organize a neighborhood garage sale and donate proceeds to Second Harvest.

16 Take up Foodbank collections at your office, congregation or anywhere leadership is comfortable having a donation box.

17 It's Double Donation Day at CommunityChange.com! Proceeds from local discount gift cards benefit Second Harvest.

18 Energize your book group around the issues of hunger and poverty. Ask your librarian for ideas.

19 Have your Foodbank donation matched. Ask if your employer matches gifts to non-profits.

20 Find out about national hunger issues and the work of 200 food banks across the country at feedingamerica.org.

21

22 Thrivent Financial Bike & Boogie for Hunger.

HAM Sort-a-thon!
Sign up to volunteer at SecondHarvestMadison.org (Events tab > Hunger Action Month)

23 Generate a cash donation to Close the Window on Hunger at Champion Window of Madison's Open House Sept. 22-23

24 Still time to give during Hunger Action Month! Every $1 donated to the Foodbank can provide 3 meals to people in need.

25 Have the kids in your life draw pictures of the importance of food and post them to our Facebook page.

26 Stay current on how to help year-round. Sign up for our monthly FoodBytes e-newsletter. Email NicoleS@shfbmadison.org.

27 Celebrate autumn with friends by cooking your favorite cool weather meal and talking about fighting hunger.

28 Ask about volunteering at the Foodbank or contact United Way 2-1-1 about giving time to local hunger-relief programs.

29 Watch "Food Stamped" and discuss FoodShare (food stamp) benefits and nutritious food. 1 p.m. Sequoya Library, Madison.

30 Get in the habit: Become a monthly Second Harvest donor and help the nearly 141,000 people we serve each year.

SECOND HARVEST FOODBANK OF SOUTHERN WISCONSIN

A member of FEEDING AMERICA