

30 WAYS IN 30 DAYS

This September we invite you to bring your friends, family, and team together in the name of nutrition security. Follow this calendar for daily ways to take action towards ending hunger in our community. Some of these actions are connected to a date, but not all! So, feel free to do them throughout the month in whatever order works best for you!

HUNGER ACTION MONTH

THURSDAY

FRIDAY

SATURDAY

Check off as you go!

1

Share this calendar with a friend

2

Join us on social
@secondharvestsw


3

Subscribe to our newsletter



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

4

Take the Waste It or Taste It quiz



5

Labor Day
Have your squad make a donation to Second Harvest

6

Donate your old towels to our distribution center 2802 Dairy Drive

7

Pick out your orange gear for tomorrow and watch NBC15 for how to Go Orange!

8

Go Orange Day!
Wear orange, take a selfie, share it using #GoOrange22



9

Register to vote



10

World Suicide Prevention Day
Nutrition security is suicide prevention

11

Grandparent's Day
Make a donation in honor of your grandparents

12

Share/retweet our food resources post from yesterday on social media

13

Your voice matters. Join Feeding Wisconsin



14

Sign up for a tour of our distribution center



15

Listen to the Feeding America podcast: Elevating Voices, Ending Hunger

16

Easy ways to reduce food waste at home



17

Hunger Action Day
Sign up to volunteer!



18

Register your team for a fund and food drive



19

Join @FeedingAmerica on social


20

Contact us to do a lunch and learn at your workplace or community group

21

Does a school in your area have a food pantry? Volunteer your time there

22

Request-A-Thon
Call 1-844-8HUNGER, make a \$25 donation and request a song to be played on



23

Tell congress about hunger in your area



24

FREE SPACE
Because rest is necessary for community care.

25

Share/retweet our food resources post from today on social media

26

National Pancake Day
Whip up some flapjacks and tag us in your picture!

27

Find your local pantry



28

Good Neighbor Day
Donate to support our neighbors' access to nutritious food.

29

Join @FeedingWisconsin on social


30

Solving hunger doesn't end here, check out our strategic plan

