



HUNGER ACTION MONTH | FEEDING AMERICA



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# SEPTEMBER IS HUNGER ACTION MONTH

All funds donated online between September 1st - 14th  
will be matched 50% by GAR Tootelian, Inc.  
TO DONATE: [ccfoodbank.org/gar](https://ccfoodbank.org/gar)

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All funds donated online between September 1st - 14th will be matched 50% by GAR Tootelian, Inc. TO DONATE: <a href="http://ccfoodbank.org/gar">ccfoodbank.org/gar</a>						 Start collecting spare change and donate it to CCFB at the end of the month!
02  Take a selfie wearing orange and hashtag #NoOneGoesHungry	03 Collect funds during your Labor Day BBQ to help the 1 in 4 Central Valley residents who struggle with hunger	04 Change your FB profile picture to the Hunger Action Month frame. Search Feeding America at <a href="http://facebook.com/profilepicframes">facebook.com/profilepicframes</a>	05  Follow us on instagram and stay connected! @cencalfoodbank	06 Want an easy, no-fuss way to give? Set up a monthly recurring gift to fight hunger: <a href="http://ccfoodbank.org/give-monthly">ccfoodbank.org/give-monthly</a>	07  Make a healthy recipe and give thanks for access to fresh produce	08  Saturday Sort Volunteer Day!
09  Follow us on Facebook - learn about volunteer opportunities and more! @cencalfoodbank	10 Take a photo with an empty paper plate - on one side write what you can't do on an empty stomach, on the other side write what you can do to help fight hunger. Post & tag us!	11 Plan a neighborhood fund drive for Hunger Action Month - visit <a href="http://ccfoodbank.org">ccfoodbank.org</a> to learn how!	12 Volunteer Night at Central California Food Bank 5:30 - 8:30 Sign-up ahead of time!	13 <b>Hunger Action Day! Wear orange to show your support and help raise awareness of hunger in our community</b>	14 GAR Tootelian Feeding Families Fund Drive! Donate online or in person at The Market for this 50% match campaign!	15 Share a hunger fact on social media and tag us!
16  Host a bake sale this week and donate the proceeds to Central California Food Bank!	17  Stay engaged with us and join our email list - send a message to <a href="mailto:info@ccfoodbank.org">info@ccfoodbank.org</a>	18  Reach out to elected officials about food insecurity in your community	19 Attempt to eat all three meals today for \$4.73 - California's average CalFresh benefit per person per day	20 Have you or someone you know been impacted by hunger? Share your story with us!	21 Get your coworkers together to create cards for families who will receive a Holiday Meal Box this year. Mail to us: 4010 E. Amendola Dr. Fresno, CA 93725	22  Set an empty plate at your table as a reminder of those who face hunger
23  Support your local farmers and find a Farmer's Market to visit this week!	24  While grocery shopping, pick up a few extra jars of peanut butter to donate to Central California Food Bank	25 Schedule a hunger presentation for your place of employment or school. Contact <a href="mailto:docanto@ccfoodbank.org">docanto@ccfoodbank.org</a>	26  Watch the documentary "A Place at the Table"	27  Bring your co-workers oranges and tell them about Central California Food Bank!	28 Drop off that spare change you collected! 4010 E. Amendola Dr. Fresno, CA 93725	29 Looking for a fun, worthwhile way to give back? Sign up to volunteer through our website!
30 Commit to partnering with us this year - whether it be your time or financial resources						

SEPTEMBER 2018