




















SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 WAYS IN 30 DAYS <i>September 2021</i>			1 Hang this calendar in your home or office and help spread awareness!	2  Start collecting spare change and donate it to the food bank at the end of the month!	3 Collect funds during your Labor Day BBQ to help the 1 in 4 Central California residents who struggle with hunger.	4  Change your FB profile picture to the Hunger Action Month frame. Search FA Hunger Action Month at facebook.com/profilepicframes
5  Follow us on Instagram and stay connected! @cencalfoodbank	6  Want an easy, no-fuss way to give? Set up a monthly recurring gift to fight hunger: ccfoodbank.org/give-monthly	7  Make a healthy recipe and give thanks for access to fresh produce	8 www.ccfoodbank.org Check out our website and learn as much as you can about how a food bank works. What's something new you learned?	9 It's Thankful Thursday! What are you thankful for today?	10  Set an empty plate at your table as a reminder of those who face hunger.	11  Write a thoughtful and encouraging note for our Groceries2Go food boxes, mail it to us!
12  Support your local farmers and find a Farmer's Market to visit this week!	13 Schedule a tour of our food bank and see first hand how our programs work.	14  Make your coffee at home today and donate your savings!	15  Follow us on Facebook - learn about volunteer opportunities and more! @cencalfoodbank	16  Bring your co-workers oranges and tell them about Central California Food Bank	17 Hunger Action Day! Wear orange to show your support and help raise awareness of hunger in our community. You can even visit us at The Market today!	18 Tell a friend about hunger in Central California. Right now, 1 in 3 children are hungry.
19  Host a bake sale this week and donate the proceeds to Central California Food Bank!	20  While grocery shopping, pick up a few extra jars of peanut butter and donate to your local food pantry.	21  Share a hunger fact on social media and tag us!	22 Get your place of employment to sign up for a volunteer shift!	23  Reach out to elected officials about food insecurity in your community!	24  Watch the documentary "A Place at the Table"	25  Take a selfie wearing orange and hashtag #NoOneGoesHungry
26  Cook a meal with your kids (or family or friends) and discuss the importance of fighting hunger!	27 Matching Monday - ask one of your friends to match your online donation www.ccfoodbank.org/donate	28  CalFresh Challenge - can you eat on \$4.15 today?	29 www.ccfoodbank.org Sign up for our email list on our website to stay up-to-date on our news and events!	30 Drop off that spare change you collected! Central California Food Bank 4010 E. Amendola Dr. Fresno, CA 93725		

SEPTEMBER IS HUNGER ACTION MONTH

All funds donated online between September 1st - 17th will be matched 50% by GAR Bennett, Inc., Farm Credit, and Me-n-Ed's Pizzeria!

TO DONATE: ccfoodbank.org/match

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