

# SEPTEMBER

is **Hunger Action Month**, a time when people across the country take action to end hunger.

## ORANGE

is the official color of Hunger Action Month. Use



all month long.



MEMBER OF **FEEDING AMERICA**

## S M T W T F S



**1** **f** Raise awareness by using the Hunger Action Month profile picture frame on Facebook.

**2** Support Hunger Action Hero Kendale Ball

**3** Support Hunger Action Hero Chris Blue

**4** Support Hunger Action Hero Austin Bowling

**5** Support Hunger Action Hero Opie + Carina

**6** Support Hunger Action Hero Casey Pruitt

**7** Support Hunger Action Hero Michele Silva

**8** Support Hunger Action Hero Scott Stallings

**9** Support Hunger Action Hero Josh Ward

**10** HUNGER ACTION DAY Wear orange to raise awareness on behalf of the hundreds of thousands of people facing hunger in East TN.

**11** FOLLOW FRIDAY Connect with Second Harvest on all social media platforms.

**12** Share Saturday Now that you follow Second Harvest, share a fact about hunger in East TN on your social media feeds.

**13** NATIONAL Peanut Day Peanut butter is a food bank's best friend. Celebrate this national day by donating peanut butter!

**14** Pioneer Heating & Air Conditioning Inc., encourages you to take action today!

**15** TUNA TUESDAY While at the store, grab some canned tuna (or other protein) to donate to the food bank.

**16** Write it Wednesday Write on a paper plate something you can't do on an empty stomach and post to social media. Make sure to tag Second Harvest when you post!

**17** ALL VOL Sign up to volunteer at the warehouse. Email dylan@secondharvestsetn.org.

**18** FOOD DRIVE FRIDAY Email lorena@secondharvestetn.org to start a food drive!

**19** Set Up Saturday Consider setting up an automatic monthly donation to Second Harvest through Online Banking

**20** Senior Outreach + School Pantry Sunday Learn how you can support the Senior Outreach + School Pantry programs.

**21** Head to the Second Harvest blog and learn how to keep your pantry best-stocked on a budget.

**22** FIRST DAY of FALL Remind friends + family that #HungerHasNoSeason.

**23** "Wisdom" Wednesday Learn from Delta Dental of Tennessee how are good for your teeth.

**24** DRIVE UP + DROP OFF Food Drive Meet the Second Harvest truck at West Town Mall + drop off food donations

**25** FOOD FOR KIDS FRIDAY Support a child's weekend meals + snacks for a school year by donating \$100 to the Food for Kids program.

**26** NATIONAL Family Day Talk with your family about how you could make a difference in the fight to end hunger.

**27** SMILE Sunday Make Second Harvest Food Bank of East TN your supported charity at smile.amazon.com.

**28** Monthly Donor Monday Make an impact all year long by signing up to be a monthly donor to Second Harvest Food Bank!

**29** NATIONAL Coffee Day Skip the drive-thru today! Donate what you would have spent on coffee to Second Harvest!

**30** Warehouse Wednesday Repost your favorite photo of the Second Harvest warehouse + something you've learned this month.

EVERY ACTION IN THE FIGHT TO END HUNGER - BIG OR SMALL - MAKES A

*difference*