

HUNGER ACTION MONTH



COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA



SEPTEMBER 2023

30 Ways in 30 Days to Take Action against Hunger.

SUN	MON	TUE	WED	THU	FRI	SAT
27	28	29	30	31	1 It's National Food Bank Day #NationalFoodBankDay on social media and give The Community Food Bank (CFB) a shout out!	2 Hunger Walk 2023 Register today for our HungerWalk on 9/9: Walk in Tucson, Sahuarita, or Virtually.
3 Start a conversation with your child about hunger. Use it to create a drawing for our 2024 calendar! communityfoodbank.org/kids-calendar	4 Host a Food and Fund Drive at work and ask your employer to match your monetary contributions! Email: foodandfunddrive@communityfoodbank.org	5 It's International Day of Charity Start your own online fundraiser for CFB!	6 Changes to SNAP eligibility may effect over 40,000 Arizonans. For more info, contact: advocate@communityfoodbank.org	7 Add the Hunger Action Month frame to your Facebook Profile.	8 Follow us on Facebook, Twitter and Instagram to learn more about hunger in our community. @foodbankofsaz	9 Join us today at HungerWalk starting at 8am and post your #WhyIWalk selfies on social media!
10 Share a Community Food Bank post on social.	11 Day of Service and Remembrance Email volunteer@communityfoodbank.org to learn about our volunteer opportunities.	12 Collect your extra change through the month and donate it to CFB.	13 Share this calendar on the bulletin board at your local church or recreation center to help spread the word.	14 Buy local produce at the CFB Santa Cruz River Farmers' Market: Every Thursday from 4-7pm 221 S Avenida del Convento.	15 It's Hunger Action Day! You can help. Give online today! \$1 = 5 MEALS	16 Watch the film "A Place at the Table" to learn more about food insecurity.
17 Check out upcoming food drives & events benefiting CFB! Winterhaven Festival of Lights is coming in December.	18 Make a donation in honor of a loved one!	19 It's National Voter Registration Day Make your vote count!	20 Try a healthy new recipe!	21 Call the Community Engagement Team at 520-627-4151 to schedule a tour of the amazing work done at CFB!	22 Organize a "Casual Friday for a Cause" at your place of business & donate the proceeds to CFB.	23 Take a garden workshop and learn how to grow food in the desert!
24 What does food security mean to you? Email your story to us: contactus@communityfoodbank.org	25 Have a CFB Representative speak at your next gathering. Email engage@communityfoodbank.org	26 Contact your local school and offer to pay off a student's lunch fees.	27 Watch a Community Food Bank Video on TikTok or YouTube to learn more about our work.	28 Sign up for our Advocacy newsletter to take action against hunger! communityfoodbank.org/newsletters	29 1 in 6 children face hunger in Arizona. Hunger Fact Friday! Spread the word about hunger in your community by sharing a hunger fact on social.	30 Tag us @foodbankofsaz showing how you completed one of the Hunger Action Month Activities!

PRINT THIS CALENDAR & POST ON YOUR REFRIGERATOR! Learn how you can help at CommunityFoodBank.Org/Hunger-Action-Month
 See the impact of hunger in our community. Find the latest numbers on food insecurity in our state at map.feedingamerica.org