

HUNGER ACTION MONTH



COMMUNITY
FOOD BANK
OF SOUTHERN ARIZONA



SEPTEMBER 2025

30 Ways in 30 Days to Take Action against Hunger.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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<p>1</p> <p>@foodbankofsaz</p> <p>Follow us on social to learn more about hunger in our community!</p>	<p>2</p> <p>Plant a fall garden. Our Nuestra Tierra Garden and Las Milpitas Farm can assist with seeds, compost, and growing tips!</p>	<p>3</p> <p>Share a home-cooked meal with a co-worker for lunch.</p>	<p>4</p> <p>Support local food systems at our Santa Cruz River Farmers' Market: Thursdays MSA Annex</p>	<p>5 National Food Bank Day</p> <p>Post on your social media and tag #NationalFoodBankDay to give your local food bank (CFB) a shout out!</p>	<p>6 SNAP Challenge:</p> <p>In 2025, the average SNAP participant receives \$6.16/day. Challenge yourself to spend \$6.16 or less on all your meals today.</p>	<p>7</p> <p>Eat a veggie high in fiber! (artichokes, green peas, Brussels sprouts, sweet potatoes, and parsnips have the highest fiber content)</p>	<p>8</p> <p>Host a "Virtual Food Drive" fundraiser.</p>	<p>9 Hunger Action Day</p> <p>Encourage local legislators to support hunger advocacy programs.</p>	<p>10</p> <p>Honor your grandparents by supporting groups helping to feed seniors, like our Caridad Community Kitchen.</p>	<p>11 Day of Service and Remembrance</p> <p>Email volunteer@communityfoodbank.org to learn about our volunteer opportunities.</p>	<p>12 Fact Friday</p> <p>Spread the word about hunger in our community.</p> <p>CFB distributed 34,929,535 pounds of food last year.</p>	<p>13 Selfie Saturday!</p> <p>Tag us @foodbankofsaz showing how you completed one of the Hunger Action Month Activities!</p>	<p>14</p> <p>Register for HungerWalk! communityfoodbank.org/HungerWalk</p>	<p>15</p> <p>Is your birthday this month? Start a birthday fundraiser for your local food bank.</p>	<p>16 National Voter Registration Day</p> <p>Your voice can make a difference for a hunger-free tomorrow.</p>	<p>17</p> <p>Host a get-together to speak about barriers to food access/security.</p>	<p>18</p> <p>Encourage co-workers to pack lunch and donate the money saved to a food bank.</p>	<p>19 Hunger Fact Friday</p> <p>1 in 5 children face hunger in Arizona.</p>	<p>20</p> <p>Sign up for our newsletter to take action against hunger: communityfoodbank.org/newsletters</p>	<p>21</p> <p>Volunteer at Caridad Community Kitchen to help feed members of our community.</p>	<p>22</p> <p>Share CFB social media posts to raise awareness about hunger in our community.</p>	<p>23</p> <p>Volunteer at a local school to provide weekend "take home" bags of nutritious foods and snacks.</p>	<p>24</p> <p>Schedule a tour of the Community Food Bank Email: engage@communityfoodbank.org</p>	<p>25</p> <p>Make a donation in honor of a loved one!</p>	<p>26 Hunger Fact Friday</p> <p>\$1 HELPS PROVIDE 3 MEALS</p>	<p>27 Hunger Walk 2025</p> <p>Join us today at HungerWalk starting at 8am and post your #WhyIWalk selfies on social media!</p>	<p>28</p> <p>Clean out your kitchen pantry & donate the items to CFB.</p>	<p>29</p> <p>Learn about TEFAP/CSFP & their effect on food security.</p>	<p>30</p> <p>Look for upcoming food drives & events benefitting CFB. Winterhaven Festival of Lights takes place in December.</p>
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PRINT THIS & POST ON YOUR REFRIGERATOR!

- ✓ Learn how you can help at CommunityFoodBank.Org/Hunger-Action-Month
- ✓ Find the latest numbers on food insecurity in our state at map.feedingamerica.org