





SEPTEMBER

CHOOSE TO STAND AGAINST HUNGER. SHARING, VOLUNTEERING, AND DONATING ARE JUST A FEW OF THE WAYS TO HELP END THE IMPOSSIBLE CHOICES OF HUNGER.

SUN	MON	TUE	WED	THU	FRI	SAT
	@FredFoodVA #HungerActionMonth 		1 Share the 30 Ways in 30 Days calendar with friends and coworkers!	2 Follow us on Facebook, Instagram & Twitter @FredFoodVA	3 Turn your Facebook Profile Orange all month long!	4 Celebrate Labor Day by Hosting a Virtual Food Drive!
5 Visit our blog Food Digest to learn more about Hunger Action Month!	6 Participate in the Poverty Simulation and share your experience	7 Share an "On an Empty Stomach, I Can't " photo	8 Share a "But I Can *blank* to Help End Hunger" photo	9 Volunteer with our OrderAhead Program and #ShareYourCare	10 Tell Congress that food should not be an impossible choice!	11 Share your concerns about hunger in our community & tag @FredFoodVA
12 Share this week's Distribution Schedule on Social Media.	13 Register to Volunteer at a Drive-Thru or Mobile Pantry	14 Spread the word around the impossible choices of hunger.	15 Make coffee at home for a week and Donate the funds you saved	16 Read and share the Five Myths About Hunger on social media	17 Celebrate Hunger Action Day At Spotsylvania Towne Centre 5 PM - 8 PM!	18 Join our sustainer group Meal Makers by making a recurring donation.
19 Volunteer to deliver food to a senior in need with our CSFP Program	20 Take the SNAP Challenge! Budget \$48 dollars this week for groceries	21 Change for Change! Donate the contents of your spare change jar!	22 Help families make ends meet by telling Congress to Support SNAP	23 Learn about hunger in our community at Map The Meal Gap	24 Take the pledge to make food a certainty, not a choice.	25 Post a photo of the family dressed in Orange and tag @FredFoodVA
26 Register a team for our 10th Annual Canstruction!	27 Request a FRFB speaker to talk about hunger at your church, group or office.	28 Vote To End Hunger! Register to vote or encourage others to register.	29 Tell Congress No US service member should struggle to put food on the table!	30 Come take a tour of the Fredericksburg Regional Food Bank	<div style="text-align: center;"> <h2>FREDERICKSBURG REGIONAL FOOD BANK</h2> <p>Locust Grove • Stafford • Caroline Spotsylvania • King George • the City of Fredericksburg</p>  </div>	