

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

30 WAYS IN 30 DAYS

September is Hunger Action Month and Second Harvest Foodbank is asking everyone to speak out against hunger in their southwestern Wisconsin community.

Follow this calendar for daily ways to make a difference giving funds, food, time and voice. Visit SecondHarvestMadison.org to take action against hunger all year!

1 Request to begin receiving the foodbank e-newsletter. Sign up @ SHFBMadison.org/Connect

2 Labor Day: Host a food drive at your Labor Day Party!

3 Print this calendar and post it on your office refrigerator.

4 Young Professional?! Join NRSSH! Visit SHFBMadison.org/NRSSH to learn more.

5 National Cheese Pizza Day! Donate your pizza money to help those in need.

6 Come out and see us! Take a tour, email Tours@shfbmadison.org

7 Join us at State Line Distillery in Madison from 6 - 9 pm and enjoy a signature cocktail to raise awareness of Hunger Action Month.

8 **Grandparents Day!** Send a donation to Second Harvest in their honor.

9 Copy this calendar and share it with a friend.

10 Like us on Facebook and donate your status to help us end hunger.

11 Write a letter to the newspaper editor or a blog post about hunger.

12 **Go Orange Day!** Wear orange (symbolic color for hunger), take your photo and post it to Facebook.com/NBC15Madison using [#Orange4SHFB](https://www.facebook.com/hashtag/Orange4SHFB).

13 Organize a spaghetti supper food drive and collect items needed to make a meal

14 **Stat-urday!** 1 in 6 children struggle with hunger in southwestern Wisconsin.

15 Donate your old towels to help us keep our warehouse clean!

16 Follow us on Twitter (@[SecondHarvestSW](https://twitter.com/SecondHarvestSW))

17 Post the following on your Facebook page: "Second Harvest Foodbank meets nearly one million requests for help every year!"

18 Eat out at Dlux, a Food Fight Restaurant, for National Cheeseburger Day!

19 **Volunteer!** Contact Pam at volunteerservices@shfbmadison.org to set up a time to help.

20 Make SHFB your charity of choice on Amazon Smile.

21 **Badger Game!** Commit to making a donation to Second Harvest of \$1 for every point scored by both teams.

22 Host a virtual food drive, visit SHFBMadison.org/VFD.

23 Make a coffee at home this week and donate your savings to SHFB.

24 Get the school involved! Help host a food drive at your nearest elementary school.

25 Take a photo of an empty plate and post it on Facebook. Caption, "What can we do?"

26 Dine out tonight at a Food Fight Restaurant during Food Fight Against Hunger!

27 Organize a jeans day at work. \$5 to dress down, then donate the proceeds to Second Harvest.

28 **Stat-urday!** A \$1 donation to Second Harvest helps provide 3 meals!

29 Become a monthly donor.

30 **Hunger doesn't end here. Get involved! Visit SHFBMadison.org to learn more!**

