

Make a difference
in her life...

...and yours.

HUNGER ACTION MONTH 2017

Mississippi Food Network (MFN) and food banks across the country in the Feeding America Network are spreading awareness of the 1 in 7 Americans who struggle with hunger. We challenge you all to spread awareness and join the movement to fight hunger in America by participating in the events and actions in the calendar below. #HungerActionMonth

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



MISSISSIPPI
FOOD NETWORK



Mississippi Food Network
PO Box 411
Jackson, MS 39205-0411

TAKE ACTION

www.msfoodnet.org

1 Start
Start collecting your change. At the end of the month donate to MFN.

2 Check It Out
Visit www.msfoodnet.org and get acquainted with us and learn about our mission.

3 Share
Share this calendar on your church bulletin board and spread the word about hunger.

4 Change
Change your Facebook profile picture or cover photo to an image of orange for the month.

5 Volunteer
Sign up for a volunteer day with family or friends.

6 Food Drive
Host a food drive at your school, work, or faith community.

7 Walk
Organize a Hunger Awareness Walk.

8 Go Online
Start an Online Food Drive! Ask your family and friends to support you.

9 Experience
More than three billion of the world's population lives on less than \$3/day. See if you can meet your nutritional needs on that budget.

10 Honor
Today is Grandparents Day. Make a donation in their honor to MFN.

11 Take a Selfie
Take a selfie with an empty plate and share it on your social media pages.

12 Plant
Consider planting a community garden next spring and donate the produce to MFN.

13 Give Up
Give up coffee, pop or vending machine snacks for one week and donate that money to hunger relief at MFN.

14 Turn Orange!
Wear Orange today to show your support for hunger-relief efforts.

15 Talk
Talk about hunger with your family.

16 Spread the Word
"Like" MFN on your social networks.

17 Donate
Take a special collection today for MFN. \$10 = 70 meals.

18 Tweet
Send out a tweet about hunger around the world or in your community.

19 Pack a Lunch
Pack lunch and donate what you would have spent to MFN.

20 Go Casual
Organize a casual/jeans day with your employer or school. Participants can donate to dress casual and funds will benefit MFN.

21 Set an Empty Plate
Let this be a reminder to you and those at your table of all those who are at risk of hunger.

22 Host a Party
Ask your guests to consider bringing a canned food item to donate to MFN.

23 It's Not Too Late!
Find out what events are coming up and volunteer.

24 Invite
Invite a MFN representative to speak at your place of worship.

25 Prepare
Build two emergency food boxes—one for your family and one for another in need, in case of a disaster.

26 Discuss
Host a potluck. Discuss how you can fight hunger.

27 Visit
Schedule a visit and join us for a behind the scenes tour of MFN.

28 Join
Contact MFN and have your organization added to our email list.

29 Educate
Cook a meal with your family and teach them that healthy food matters for all of us, including those in need.

30 Continue
Help us work to end hunger in our service area and beyond all year long.

HUNGER ACTION MONTH™



Together we can solve hunger™.