

Hunger Action Month September 2019 - 30 Ways in 30 Days

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Start Start collecting your change – at the end of the month donate to MFN’s Virtual Food Drive	2 Share Share this calendar with your coworkers	3 Check it Out Visit www.msfoodnet.org and get acquainted with us and learn about our mission	4 Change Change your Facebook profile picture or cover photo to an image of orange for the month	5 Food Drive Host a Virtual Food Drive for your school, work or faith community	6 Shop Link your Kroger card to support MFN each time you shop with Community Rewards – HN833	7 Spread the Word “Like” MFN on your social networks.	
8 Honor Today is Grandparent’s Day. Make a donation in their honor to MFN	9 Go Casual Organize a casual day at work or school. Participants can donate to MFN’s Virtual Food Drive to dress casual.	10 Give Up Give up coffee, sodas or vending machine snacks for one week and donate that money to MFN’s Virtual Food Drive	11 Take a Selfie Take a selfie with an empty plate and share it on social media - Tag MFN	12 Take Action! Hunger Action Day Wear Orange—post a picture on social media - tag MFN		13 Set an Empty Plate Set an empty plate at the dinner table as a reminder of those who face hunger.	14 Volunteer Pack Food Boxes at Mississippi Food Network from 9 a.m.—noon. Talk about volunteering on <div style="display: flex; justify-content: space-around; margin-top: 10px;">    </div>
15 Cook Share your favorite recipe with oranges and we will share ours.	16 Smile Sign up to support MFN when you shop at Amazon Smile. .05% of your purchase total is donated to MFN.	17 Eat In Pack a lunch and donate what you would have spent to MFN.	18 Tweet Send out a tweet about hunger in your community.	19 Talk Talk about hunger with your family and friends.	20 Learn Sign up for MFN’s emails to stay informed about our events, news and opportunities.	21 Hunt Learn more about Hunter’s Harvest at https://mswildlife.org/hunters-harvest/	
22 Donate Take a special collection today for MFN. \$10 = 60 meals	23 Experience See if you can meet your nutritional needs on less than \$5 a day – were you able to meet them?	24 Sponsor Sponsor 1 child in our Backpack Program for 1 year - You & 3 friends each donate \$32...\$128 is what it takes!	25 Join Us Join us at our Carthage Mobile Pantry - McMillan Park from 10 am – 12 pm.	26 Plant Think about planting a garden – donate produce to MFN or local pantry.	27 It’s Not Too Late Find out what events are coming up at volunteer.	28 Discuss Host a potluck for Good Neighbor Day. Discuss how you can fight hunger.	
29 Dairy Got Milk? Most food banks don’t - help change this with The Great American Milk Drive - milklife.com/give	30 Continue Help us work to end hunger in our service all year long – become a monthly donor.	 <div style="display: inline-block; vertical-align: middle; margin-left: 10px;"> MISSISSIPPI FOOD NETWORK </div>					Together we can solve hunger...help us raise awareness on hunger in Mississippi. Here’s 30 ways in 30 days to make a difference. Use #HungerActionMonth on social media - make sure to tag us!