



# HUNGER ACTION MONTH™



## September 2019

*End Hunger One Helping at a Time!* Help generate 40,000 actions throughout September. Here's some ideas and actions you can take during #HungerActionMonth!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Visit <a href="http://www.rrfb.org">www.rrfb.org</a> for ideas to take action all month.	2 It's <b>Labor Day</b> . Use the Charity Miles app & walk, run, or bike for <b>Feeding America</b> .	3 Share this calendar with <b>10 others</b> and ask them to join you in taking action.	4 Use the <b>Good &amp; Cheap</b> recipe book for tips on eating on a small budget.	5 Dinner & NM Craft Beverges at La Cena in Santa Fe at 6 pm. Tickets? <b>505.982.2121</b>	6 Join food bank staff and wear orange every Friday. Share why on social.	7 Start a Facebook fundraiser this month for <b>#HungerActionMonth</b> .
8 <b>Connect with us</b> and share our posts!	9 <b>Hunger Action Day</b> is Thurs. Ask 5 people to wear orange and share why on social.	10 Share a story at <a href="http://www.rrfb.org/story">www.rrfb.org/story</a> about why you are taking action all month.	11 In remembrance of 9/11, <b>join us</b> at the food bank at 12 pm for a special reflection.	12 It's Hunger Action Day! Wear orange, share on social media, use <b>#HungerActionMonth</b> .	13 How many <b>Charity Miles</b> have you done so far? Ask 5 people to pledge support for every mile.	14 Visit <b>Calibers</b> and bring 3 non-perishable food donations. They'll provide a special thanks!
15 Comment on proposed SNAP rule impacting 3 million in the US at <a href="http://rrfb.org/comment">rrfb.org/comment</a> .	16 Ask <b>5 people</b> to join you in commenting on the proposed SNAP rule change.	17 <b>Get your company involved</b> in solving hunger by volunteering or hosting a drive.	18 <b>What does food mean to you?</b> Share it and tag us on social media.	19 <b>Schedule a tour</b> of the food bank and learn about hunger. Call 505.349.8909	20 Contact <b>elected officials</b> and tell them to protect and support anti-hunger legislation.	21 Donate your <b>excess garden produce</b> to a hunger relief organization near you.
22 Sign up as a monthly donor and impact hunger year-round - <a href="http://www.rrfb.org/rrclub">www.rrfb.org/rrclub</a>	23 Ask us to <b>present to your group</b> . Call 505.349.8909 to schedule.	24 Skip a meal and when you're hungry, what are you <b>unable to do</b> ? Share it on social media.	25 Watch the "A Place at the Table" <b>documentary</b> on Hulu.	26 Designate Roadrunner as your charity on AmazonSmile - <a href="http://smile.amazon.com">smile.amazon.com</a> .	27 <b>Learn about #volunteering</b> at the food bank and sign up for a date to help.	28
29 Set an <b>empty plate</b> at your dinner table and have a discussion about hunger.	30 <b>Sign up for email</b> from the food bank and continue taking action.	<b>Together We Can Solve Hunger®</b>				