

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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1 Plan a food/fund drive. Register it at SecondHarvestMadison.org. Then share on Facebook (don't forget to tag Second Harvest Foodbank of Southern Wisconsin).</p>	<p>2 Copy this calendar for a friend or email the link: SecondHarvestMadison.org/HAM</p>	<p>3 Get in the Bucky spirit! Collect food and funds at your Badger football party.</p>
<p>4 Write a letter to your local newspaper editor about hunger in your community.</p>	<p>5 Plan a Labor Day potluck, be sure to share food stories and discuss how you can fight hunger.</p>	<p>6 Donate online to Second Harvest where \$1 provides 3 meals for someone in need. SecondHarvestMadison.org</p>	<p>7 Raise money for Second Harvest by encouraging co-workers to pay \$1 to participate in a casual Wednesday.</p>	<p>8 Go Orange Day! Wear orange (symbolic color for hunger), take your photo and post it to Facebook.com/NBC15Madison using #Orange4SHFB.</p>	<p>9 Have people in need call the FoodShare Helpline (1-877-FOOD-635) to learn if they qualify for FoodShare (food stamp) benefits.</p>	<p>10 Post "1 in 5 kids in SW Wisconsin face hunger. #HungerActionMonth" to your Facebook and Twitter feeds.</p>
<p>11 Observe a moment of silence for 9/11 and another for community members facing hunger.</p>	<p>12 Make coffee at home this week instead of buying it. \$3 a day for 7 days provides 63 meals at the Foodbank.</p>	<p>13 Send a Tweet about how grateful you are to not worry about where your next meal will come from. Use #HungerActionMonth.</p>	<p>14 Join the Foodbank on Facebook and Twitter and blog/tweet/post about Hunger Action Month using #HungerActionMonth.</p>	<p>15 Adopt-A-Dairy-Cow! Visit GiveDairy.com to sponsor the milk production of a cow for a day, week, month or more.</p>	<p>16 Take a photo of an empty plate and post to social media - "What can't you do on an empty stomach?" #Orange4SHFB</p>	<p>17 Organize a neighborhood garage sale and donate proceeds to Second Harvest.</p>
<p>18 Have a Packer Points Auction to see who would donate the most per point scored in the Packers game (both teams combined).</p>	<p>19 Come take a tour of the Foodbank's 42,000-square foot warehouse. Email KrisT@shfbmadison.org.</p>	<p>20 Engage your family, church or classroom in hunger awareness. Search for the Hungry Kate video and activities at SecondHarvestMadison.org/Kate</p>	<p>21 Great American Milk Drive. Donate \$5 or more to help distribute nutrient-rich milk to your friends and neighbors struggling with hunger. milklife.com/give</p>	<p>22 Still time to give during Hunger Action Month! Every \$1 donated to the Foodbank can provide 3 meals to people in need.</p>	<p>23 Encourage your Facebook friends to find their nearest food pantry or meal site and volunteer.</p>	<p>24 Set an empty place at your dinner table to remind your family that there are others who struggle with hunger.</p>
<p>25 Have the kids in your life draw pictures of the importance of food and display them at your office or on your fridge.</p>	<p>26 Ask about volunteering at the Foodbank or contact United Way 2-1-1 about giving time to local hunger-relief programs.</p>	<p>27 Get in the habit: Become a monthly Second Harvest donor and help us meet nearly 1 million requests for help each year. SecondHarvestMadison.org</p>	<p>28 Take up a collection of food or money for Second Harvest at your office.</p>	<p>29 Search for Second Harvest Foodbank of Southern Wisconsin on YouTube and watch some of our videos.</p>	<p>30 Hunger doesn't end here. Get involved. Visit SecondHarvestMadison.org</p>	