

HUNGER ACTION MONTH™

MEMBER OF
FEEDING AMERICA®

SEPT 2019

TOGETHER WE CAN SOLVE HUNGER. 30 WAYS IN 30 DAYS TO GET INVOLVED!

SUN

MON

TUE

WED

THU

FRI

SAT

01



Start Hunger Action Month by making a donation.
Remember \$1 = 7 Pounds!

02



LABOR DAY

Thank someone for their hard work to fight hunger. We want to thank our 700+ partner agencies who help us each and every day!

03



GO ORANGE by donating orange canned items this month: carrots, peaches, sweet potatoes and more.

04



Get your tickets online to attend Wine Women & Shoes on September 27, 2019!
WineWomenShoesCharlotte.org

05

International Day of Charity

Donate to SHMETROLINA.
Remember \$1 = 7 Pounds!

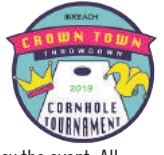
06



Talk to your friends about hunger.

Over 188,000 children in our region are at risk of hunger every day.

07



Crowntown Throwdown

Come out and enjoy the event. All proceeds benefit SHMETROLINA!
CrownTownThrowDown.com

08 **Social Media Sunday**

#SHMETROLINA
Follow us on social media for ideas on how to fight hunger not just in September, but throughout the entire year.

09



Matching Monday

See if your employer will match donations to SHMETROLINA. This is an easy way to increase the impact of your donation.

10



Post on social media using #HungerActionMonth and share a statistic or story surrounding hunger.

Tag us using @shmetrolina

11



International Day of Service

Sign up to volunteer and help sort or distribute food for those in need.

12



HUNGER ACTION DAY
Wear orange to remind others there are more than 527,000 people facing hunger in our region.

13

National Peanut Day



Peanut butter is one of our biggest needs. Celebrate this national day by donating peanut butter to SHMETROLINA.

14

Educate our future

SHMETROLINA allows youth ages 13-16 to volunteer on Saturdays. Sign up to volunteer with your kids and teach them about food insecurity.

15



Be a hero to a hungry child. \$30 can provide a backpack of healthy food to a child for an entire month.

16

Pack a lunch

Pack a lunch instead of going out and donate the amount you would have spent on your meal.

Remember \$1 = 7 Pounds!



17

Cook an Orange Meal

with your family and friends and share it with #SHMETROLINA #HungerActionMonth



18

Stay Connected & Get Updated from SHMETROLINA

Sign up on our website at SecondHarvestMetrolina.org!

19



SHMETROLINA serves 19 counties across North and South Carolina.
Visit SecondHarvestMetrolina.org for more information.

20

Food Drive Friday

Encourage your neighborhood, business or friends to host a food or fund drive!



21

Saturday Shopping

As you head to the grocery store for your weekly shopping, consider picking up a few extra items to donate.



22

Sponsorship Sunday

Consider sponsoring one of our signature events to help end hunger in the Metrolina region.

See how at SecondHarvestMetrolina.org!

23

First Day of Fall



As cooler weather rolls in consider hosting a canned soup drive to help warm our neighbors in need.

24



Did you know SHMETROLINA serves our furry friends too? Consider hosting a pet Food Drive to help local animals in need.

25



Visit CharlotteCropWalk.org and register to help Charlotte Crop Walk Stop Hunger on October 20, 2019!

26

National Family Day

Sign up to volunteer at one of our school mobile pantries to help feed families in need.



27



28

Clean Out Your Pantry and donate the food you are not using to SHMETROLINA

29

National Coffee Day

Skip your coffee today and donate what you would have spent to SHMETROLINA!



30

Leave Your Legacy

Consider a reoccurring gift to fight hunger year round!
Remember \$1 = 7 Pounds



Together We CAN End Hunger

Every \$1 Donated Provides 7 Pounds For Neighbors in Need!

SecondHarvestMetrolina.org



#SHMETROLINA