



# Nothing runs on empty.

Especially more than one in seven Treasure Coast residents who struggle with hunger. Join Treasure Coast Food Bank this September for Hunger Action Month™ and help end hunger in our community.

## HUNGER ACTION MONTH™ 2016

#FeedTC #HungerActionMonth

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Text FEEDTC to 20222 to donate \$10**

*Message & Data Rates May Apply*

**HUNGER ACTION MONTH™**



1

**Eat**

Dine Out & Support TCFB via "Eat, Drink & Give."

2

**Share**

Post this calendar on your home, church, or office fridge.

3

**Follow**

Follow Friday! Follow TCFB on Facebook, Twitter, & Instagram.

4

**Volunteer**

Sign up to volunteer for TCFB's 2nd annual "Pack the House" on Sept. 9-10.

5

**Happy Labor Day!**

6

**HAM**

Download our HAM social media kit & be an online advocate.

7

**Get Ready**

Prepare your favorite orange outfit for Hunger Action Day tomorrow!

8

**Wear Orange!**

Also, attend free breakfast discussion: "Hidden in Plain Sight: Lifting Up Vulnerable Populations in Indian River County"

9

**Pack the House**

TCFB's 24-Hour "Pack the House" begins!

10

**Text to Feed**

Text FEEDTC to 20222 to donate \$10. For every \$10 donated, we'll share 80 meals.

11

**Honor**

Grandparents Day: Donate at stophunger.org in honor of a loved one.

12

**Statistics**

Hunger stat: 1 in 4 local kids is food insecure.

13

**Discuss**

Attend free breakfast discussion: "Aging Without Dignity: Addressing Senior Poverty in Martin County"

14

**Donate**

Donate 25 non-perishable food items to TCFB.

15

**Your Story**

Share your story about how hunger has affected you or your family.

16

**Invite**

Ask a TCFB rep to come speak at your next meeting.

17

**Host**

Host a Food Drive cookout & invite friends to bring food donations.

18

**Sign Up**

Sign up for our e-newsletter to get all the latest news.

19

**Film Night**

Foodie Film Night at Coffee Bar Blue Door in Stuart.

20

**Learn**

Learn more about the SNAP program at frac.org.

21

**Plan**

Plan a food drive competition among friends & colleagues.

22

**Amazon**

Amazon Smile: Support TCFB when you shop on Amazon.com.

23

**Pack a Lunch**

Pack your lunch & donate savings to TCFB.

24

**Support**

Support your local Farmer's Markets.

25

**Prepare**

Prepare your Florida garden for fall planting.

26

**Local**

Hunger stat: there are 97,440 local people who don't know where their next meal is coming from.

27

**Join**

Join the Full Plate Club at stophunger.org.

28

**Vote**

Register to vote!

29

**Set the Table**

Set an empty dinner plate to remind your family about others facing hunger.

30

**Tour**

Take the "Food for Thought" behind-the-scenes tour of TCFB.

**TAKE ACTION AGAINST HUNGER.**



**(772) 489-3034**

**stophunger.org**