

Make a difference
every day this month.

SEPTEMBER IS HUNGER ACTION MONTH

Treasure Coast Food Bank and food banks across the country in the Feeding America Network are spreading awareness of the 1 in 8 Americans who struggle with hunger. We challenge you all to spread awareness and join the movement to fight hunger in America by participating in the events and actions in the calendar below. #HungerActionMonth

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



Treasure Coast Food Bank
401 Angle Road
Fort Pierce, FL 34947
TAKE ACTION
stophunger.org



1 **Start**
Start collecting change. At the end of the month donate it to TCFB.

2 **Share**
Share this calendar on your church bulletin or office and spread the word about hunger.

3 **Change**
Change your Facebook profile picture or cover photo to an image of orange for the month.

4 **Help**
Sign up for a volunteer day with family or friends.

5 **Collect**
Host a food drive at your school, work, or church and collect items to donate to TCFB.

6 **Play**
Play Bingo at Tin Roof in Ft. Pierce & support TCFB 7-9pm

7 **Turn Orange!**
Wear Orange today to show your support for hunger-relief efforts.

8 **Continue**
Help us work to end hunger on the Treasure Coast and beyond all year long.

9 **Honor**
Today is Grandparents Day. Make a donation in their honor to TCFB.

10 **Take a Selfie**
Take a selfie with an empty plate, share it on your social media pages, and tag us.

11 **Sign Up**
Sign up to become a monthly donor at stophunger.org

12 **Give Up**
Give up coffee, soda or snacks for one week and donate that money to TCFB.

13 **Go Orange Day**
2nd annual Hops Against Hunger
Join us at Walking Tree Brewery in Vero Beach & support TCFB. 5-9 pm

14
Join us at Kilted Mermaid in Vero Beach & support TCFB. 6-10 pm

15
Join us at Waldo's in Vero Beach & support TCFB. 1-4pm

16 **Donate**
Take a special collection today for TCFB. \$10 = 80 meals.

17 **Tweet**
Send out a tweet about hunger in your community and tag us.

18 **Pack a Lunch**
Pack a lunch and donate what you would have spent to TCFB. stophunger.org

19 **Set an Empty Plate**
Let this be a reminder to you and those at your table of all those who are at risk of hunger.

20 **Raise Some Dough**
Anthony's Coal Fire Pizza in Stuart is donating 20% of sales to TCFB

21 **Invite**
Invite a TCFB representative to present to your group.

22 **Talk**
Talk about hunger with your family.

23 **Host a Party**
Ask your guests to bring a bag of non-perishable items to donate to TCFB.

24 **Prepare**
Build two emergency food boxes—one for your family and one for another in need—in case of a disaster.

25 **Challenge**
Take the SNAP challenge. See if you can meet your nutritional needs on \$5/day.

26 **Tour**
Schedule a visit and join us for a behind the scenes tour of your Food Bank.

27 **Pack the House**
Sign up to volunteer for a shift at TCFB's 24hr packathon.

28 **Join**
Meet us at Sailfish Brewery in Fort Pierce & support TCFB 7-9pm

29 **Out Laugh Hunger**
Purchase tickets to TCFB's upcoming comedy show - stophunger.org.

30 **Follow**
Follow TCFB on Facebook, Twitter, and Instagram - @tcoodbank.



facebook.com/tcoodbank



twitter.com/tcoodbank



instagram.com/tcoodbank

stophunger.org

(772) 489-3034