

HUNGER ACTION MONTH™

September 2025

SUNDAY



MONDAY

1

Cook

Today is Labor Day. Try to make all of your meals at home today.

TUESDAY

2

Start

Start collecting your change. At the end of the month, donate to TCFB

WEDNESDAY

3

Change

Change your Facebook profile picture to an orange frame for the month

THURSDAY

4

Take a Selfie

Take a selfie with something orange

FRIDAY

5

BOGO

While grocery shopping Buy One & Give One to TCFB

SATURDAY

6

Light Up Orange

Change your outdoor or porch lights to orange for the whole month

7

Honor

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

8

Set Up

Set up a food drive at your work

9

Hunger Action Day

Wear orange and take a selfie for social media!

10

Organize

Organize a Facebook fundraiser to stop hunger in our community

11

Volunteer

Register for a volunteer event at TCFB

12

Pack a Lunch

Pack lunch and donate what you would have spent to TCFB

13

Practice

Lace up and practice for our 5th Annual Out Run Hunger 5k

14

Food is Medicine

Meal prep healthy foods for the whole week ahead

15

Prepare

Build two emergency food boxes in case of a disaster

16

Learn

Go to stophunger.org to learn about hunger on the Treasure Coast

17

Grow

Germinate seeds or plant a fruit tree

18

Join the Mission

Follow and "like" @TCFoodBank on your social networks

19

Make a Meal

Check out our social media for budget-friendly recipes

20

5th Annual OUTRUN HUNGER 5K
Family Friendly 5K Race & Walk

21

Set an Empty Plate

Let this be a reminder of those at risk of hunger

22

Talk about Hunger

Talk about hunger with your family and friends

23

Challenge

Take the SNAP challenge. See if you can meet your nutritional needs on \$7 a day

24

Exercise

Move for meals. Get moving and share an exercise tip with TCFB

25

Invite

A food bank representative to speak at your business or club.

26

Post

Post on social media how you have been participating in HAM

27

Sign Up

Visit stophunger.org to sign up for a volunteer event at TCFB

28

Craft

Create a piece of art inspired by Hunger Action Month

29

Cook for a Neighbor

Cook a meal for a friend or neighbor

30

Continue

How will you choose to end hunger?



TOGETHER, WE CAN WALK OR RUN TO END HUNGER



SATURDAY
SEPTEMBER 20, 2025
START TIME: 7:00 AM
CAUSEWAY COVE MARINA
601 Seaway Dr, Fort Pierce, FL

Scan To Learn More



stophunger.org

Our mission is to alleviate hunger by obtaining and distributing food and other essentials in Indian River, Martin, St. Lucie, and Okeechobee Counties.

Treasure Coast Food Bank is a 501(c)(3) not for profit organization.



@TCFoodbank



@TCFoodbank



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September is Hunger Action Month



Hunger Action Month is an annual nationwide campaign each September, where we come together to raise awareness about hunger in America and inspire action. This September, every action—big or small—is one step closer to a Treasure Coast where no one experiences hunger.

Your voice, your actions, and your commitment are critical to our mission's success. With access to nutritious foods, we can all reach our full potential. Participate in this community calendar to take action against food insecurity throughout the month.
How will you choose to end hunger?