



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Kick off Hunger Action month by sharing this calendar on your social media accounts & tag @foodbankneny	2 Check out our Hunger Action Challenge!	3 Subscribe to our monthly e-newsletter and stay up to date with the Food Bank!	4 National Food Bank Day! Use our product wish list and consider donating!	5 Sign-up for a 2-hour shift at our 24-Hour Volunteer-a-Thon!
6 Take a tour of our Distribution Centers or Patroon Land Farm!	7 Shop at your local farmers market to support local agriculture	8 Find a Regional Food Bank fundraising event near you!	9 Learn how to host a food or personal care products drive, start a fundraiser, or donate as an individual!	10 What is the Patroon Land Farm? Learn how it grows food for families in need!	11 Day of Service and Remembrance Grab a friend and schedule a volunteer day.	12 Tour our website and learn more about Regional Food Bank!
13 Tailgating? Add to the fun, and set up a food drive with your crew!	14 Follow the Regional Food Bank on social media! 	15 Learn about food insecurity in your county!	16 Start a compost pile to reduce waste!	17 Share the link to our donation page with three friends!	18 Click here to see which partner agencies are near you! 	19 Send a letter to your lawmakers about hunger in your community!
20 Do a Food Waste Activity at home	21 Talk with your family and friends about hunger in our area.	22 FREE SPACE Rest is powerful and essential!	23 Watch CBS 6 and call in to the Backpack Heroes Telethon	24 Organize or attend a walk/run to fight hunger!	25 Donate to your local pantry!	26 Share a stat about hunger in New York on your socials and tag @foodbankneny
27 Explore the many ways to give back to our neighbors in need.	28 Try a “no food waste day.” Use everything in your fridge before shopping!	29 Go Orange for Hunger Action Day! Wear orange today and take action to help end hunger.	30 What does the Regional Food Bank mean to you? <i>Email your story to marketing@regionalfoodbank.net</i>	 HUNGER ACTION MONTH VOLUNTEER. DONATE. ADVOCATE. Hunger Action Month, led by Feeding America and its food bank network, raises awareness about food insecurity and encourages people to take action. Whether through donating, volunteering, or advocating, every effort helps in the fight against hunger.		

