

September is Hunger Action Month

30 Ways in 30 Days

What is Hunger Action Month? Feeding South Dakota, along with other Feeding America member food banks, asks everyone in America to take action to fight hunger in their community, all month long!

Like us on [Facebook](#) to get updates

Follow us on [Twitter](#) and tweet using #HungerAction to join the movement

Post this calendar on the fridge at your home or office!



1 Fresh Friday!
 We accept garden produce! Donate extra tomatoes, zucchini, and peppers!

2
 Increase awareness! Shop for your weekly groceries using only half the budget you would normally spend.

3
 Take the pledge to “Pass the Plate” at hungeractionmonth.org.

4 Mac & Cheese Monday! Bring boxes of Mac & Cheese to your local food pantry.



5
 Challenge your friends to see who can donate the most food—We’ll help! [Food Drive Tool Kit](#)

6 Wheat Wednesday! Bring bread, pasta, cereal, or crackers to your local pantry.



7 Tomato Thursday! Donate spaghetti sauce, soup, or other products to your local pantry.



8 Fresh Friday! Fresh produce helps kids grow up big and healthy! Our Food Pantry accepts garden produce!

9
 Subscribe! Sign up to receive our [newsletter](#).

10 Grandparents Day! Honor your Grandparents by supporting a charity that helps seniors in need.

11
 Gather personal care items for a local shelter. Contact them to see which items are needed.

12 Tuna Tuesday! Donate canned tuna or boxed Tuna Helper to your local pantry.



13
[Share a recipe](#) on social media for a meal that feeds a family of four and costs less than \$10!



14 GO ORANGE FOR HUNGER!
 Wear orange and “Go Orange” digitally.

15 Fresh Friday! Food insecure families often give up produce because of the cost, **be part of the solution!**

16 Freezer Clean-out! Donate frozen meat in good condition to our Food Pantries.

17
 View [Map the Meal Gap](#) poverty statistics for your county.



18 Mac & Cheese Monday! Bring boxes of Mac & Cheese to your local food pantry.



19
 Share [our Facebook page](#) with your friends and see what we do every day to fight hunger.



20 Wheat Wednesday! Bring bread, pasta, cereal, or crackers to your local pantry.



21
 Sign up to [volunteer!](#) Help sort product that comes in from food drives, stock shelves, and pack food.

22 Fresh Friday! Sweet corn and squash ripe? Our Food Pantry will make sure your extras are enjoyed!

23 Cupboard Clean-out! Donate extra canned & boxed food items to our Food Pantries.

24
 Set an empty plate at your table to remember those at risk of hunger.



25
 Watch and share [videos](#) about Feeding South Dakota and Feeding America on YouTube.

26 Tuna Tuesday! Donate canned tuna or boxed Tuna Helper to your local pantry.



27
 Update your status to share [statistics or videos on hunger](#) from our website.



28 Tomato Thursday! Donate spaghetti sauce, soup, or other products to your local pantry.



29 Fresh Friday! Check our Facebook page to see how much produce was donated in September!

30
 Learn about the many [programs](#) at Feeding South Dakota, including [Childhood Hunger](#) and [Mobile Food Pantry](#).