

2019

SEPTEMBER IS

# HUNGER ACTION MONTH™



[www.feedingsouthdakota.org](http://www.feedingsouthdakota.org)

- 1** Visit our [website](#) to learn more and find easy ways to end hunger...one *helping* at a time!
- 2** **LABOR DAY** Host a food drive **cookout!** Invite friends and family to bring a canned food item to the party and donate to the Food Pantry!
- 3** Pledge to [volunteer](#) for 9/11 Day of Service.
- 4** Shine a light on **hunger** by lighting up your home or business **ORANGE** during September.
- 5** **Facebook Profile Photo.** Change your profile image to show your support using [#HungerActionMonth](#).
- 6** **First Friday at DTSE!** Bring a canned good donation to the Farmer's Insurance tent at 8th & Railroad in Sioux Falls!
- 7** **Freezer clean-out!** A [Sportsmen Against Hunger](#) event, bring your frozen game to Runnings in Pierre.
- 8** Grandparents Day Honor your **Grandparents** by supporting a charity that helps seniors in need.
- 9** Follow [@feedingsd](#) on [Facebook](#), [Instagram](#) and [Twitter](#).
- 10** **Tuna Tuesday!** Donate canned tuna or boxed Tuna Helper to your local pantry.
- 11** Share a recipe on social media that feeds a family of four and costs less than \$10!
- 12** **HUNGER ACTION DAY!** Wear **ORANGE** and help to end hunger in South Dakota!
- 13** **Fresh Friday!** Fresh produce helps kids grow up healthy! Donate your garden produce to your local food pantry!
- 14** **Cupboard clean-out!** Donate extra canned and boxed food items to your local food pantry.
- 15** Set an empty plate at your table to remember those at risk of hunger.
- 16** **Mac & Cheese Monday!** Bring boxes of Mac & Cheese to your local food pantry.
- 17** Start a compost pile to reduce the amount of food waste that goes to the landfill.
- 18** **Wheat Wednesday!** Bring dried pasta, cereal, or crackers to your local food pantry.
- 19** Take a tour at one of our three facilities across the state. Send an [email](mailto:info@feedingsouthdakota.org) to [info@feedingsouthdakota.org](mailto:info@feedingsouthdakota.org) to schedule TODAY!
- 20** Take a **#Helpie!** Volunteering? Take a selfie, share it on twitter & tag us [@FeedingSD](#) [#HungerActionMonth](#).
- 21** **Subscribe!** Sign up to receive our [e-newsletter](#).
- 22** View the [Map the Meal Gap](#) for poverty statistics for your county.
- 23** Bring **oranges** to work and talk to your co-workers about [#HungerActionMonth](#).
- 24** Talk to your friends about hunger in SD. **1 in 9** adults and **1 in 6** kids don't know where their next meal is going to come from.
- 25** Sign up to [volunteer!](#) Help sort food from food drives, stock shelves, or pack backpacks.
- 26** **Tomato Thursday!** Donate spaghetti sauce, soup, or other tomato products to your local food pantry.
- 27** Read [Maddie's Fridge](#) with your family and discuss ways your kids can help end hunger.
- 28** Snap a selfie! Post on social media using [#HungerActionMonth](#).
- 29** Plan a food drive competition at work!  
Peanut Butter: 4 pts  
Beans: 3 pts  
Boxed meals: 2 pts  
Canned veggies or fruit: 1 pt
- 30** Never forget. For so many people, hunger lasts longer than a month...it lasts all year.



WE CAN END HUNGER  
ONE **HELPING** AT A TIME.