







HUNGER ACTION MONTH
GIVE A LITTLE FEED A LOT

Hunger Action Month Calendar of Ways to Help at www.foodbankmoc.org

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>1</p> <p>Shop for a Cause and fight hunger with Macy's. Also visit "Come Together" for more ways to help.</p> 	<p>2</p> <p>Surfside Food Drive Donate non-perishable food to beach clubs for pick-up by Lowy's Moving by Sept. 7.</p> 	<p>3</p> <p>From Seed to Need Visit the farm market at The Grove in Shrewsbury today to support the FoodBank.</p> 	<p>4</p> <p>Rutgers Against Hunger Food you donate at the university in September will support the FoodBank.</p> 	<p>5</p> <p>Garage Sale Organize a neighborhood garage sale & donate 10% of the proceeds.</p> 
<p>6</p> <p>Sunny Sunday Donate online and make Sunday sunny for a family in need.</p> 	<p>7</p> <p>Read all About It Visit the FB website and sign-up for the newsletter.</p> 	<p>8</p> <p>Fight Hunger in a big way by giving up something small. See how at HungerActionMonth.org</p> 	<p>9</p> <p>Raise your Voice Against Hunger and help the FoodBank win a truckload of food. HungerActionMonth.org</p> 	<p>10</p> <p>Twitter or Blog about Hunger and help the FoodBank win a truckload of food. HungerActionMonth.org</p> 	<p>11</p> <p>Kids Change Hunger Have your family fill a FoodBank truck with pocket change this month.</p> 	<p>12</p> <p>Get your Kids Involved By visiting the FoodBank kids' website www.foodbankkids.org</p> 
<p>13</p> <p>Sunny Sunday Donate online and make Sunday sunny for a family in need.</p> 	<p>14</p> <p>Harvest of Hope Click on the donate button on Welchs.com/harvest and Welch's will donate 8 glasses of juice.</p> 	<p>15</p> <p>Register to Race Register today for the Liberty Natural Gas Boardwalk Relay on 9/26.</p> 	<p>16</p> <p>Wednesday at Wendy's Eat at Wendy's from 4-8 pm and help area FoodBanks.</p> 	<p>17</p> <p>Volunteer Call the FoodBank to volunteer your time & talents. We need you!</p> 	<p>18</p> <p>Kids Hunger Flick See "Cloudy with a Chance of Meatballs" at your neighborhood theatre.</p> 	<p>19</p> <p>Bar-b-Que Ask your guests to bring a non-perishable food item for the FoodBank.</p> 
<p>20</p> <p>Sunny Sunday Donate online and make Sunday sunny for a family in need.</p> 	<p>21</p> <p>Brown Bag it Day Organize a "Bring your Lunch to Work Day" & donate the savings.</p> 	<p>22</p> <p>Spread It Around Peanut butter and jelly are needed at the FoodBank. Do a food drive.</p> 	<p>23</p> <p>Garden Abundance Bring your extra produce to a local food pantry.</p> 	<p>24</p> <p>Dis your Dessert Donate your savings to the FoodBank and shape-up for the relay race.</p> 	<p>25</p> <p>Check Out Hunger Volunteer for the Campaign or scan a coupon at Foodtown starting tomorrow.</p> 	<p>26</p> <p>Race in the Race Participate in the Liberty Natural Gas Boardwalk Relay in Asbury Park.</p> 
<p>27</p> <p>Sunny Sunday Donate online and make Sunday sunny for a family in need.</p> 	<p>28</p> <p>Meet the Challenge Register your school for the School Holiday Hunger Challenge.</p> 	<p>29</p> <p>Pound\$ for Dollar\$ Convert \$ into pounds by donating to your school to help meet the school challenge.</p> 	<p>30</p> <p>Eat at the Cheesecake Factory and donate 2 cans of soup today. 10% of your bill goes to the FoodBank.</p> 			<p>*Banks are available at the FoodBank of Monmouth & Ocean Counties.</p>