











30 WAYS IN 30 DAYS: SEPTEMBER 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>#Spoonتمبر #HungerActionMonth</p>		<p>1 Post this calendar on the refrigerator in your office and encourage your coworkers to join in the fight against hunger.</p>	<p>2 Last chance to donate a Facebook post or tweet for tomorrow's Feeding America's Hunger Action Day Thunderclap!</p>	<p>3 Help raise awareness for the 1 in 6 people who struggles with hunger in America. This #Spoonتمبر, share a spoon selfie!</p>	<p>4 It's Follow Friday! Follow us on Twitter, Facebook, LinkedIn, and Instagram.</p> 	<p>5 Sign up to run, walk, trot or volunteer at the 2015 Applied Materials Silicon Valley Turkey Trot on Thanksgiving morning.</p>	
<p>6 Read our Hunger Study to learn about what hunger looks like in our community.</p>	<p>7 Bank of America's Give a Meal campaign kicked off this month! Every \$1 donated = \$3!</p>	<p>8 Learn about Child Nutrition Reauthorization 2015 and find out how you can help lend your voice.</p>	<p>9 Watch A Place at the Table with your family to learn about hunger in America.</p>	<p>10 Take note of our Food Connection hotline number for those in need of food: 1-800-984-3663</p>	<p>11 Write to your local public officials to find out what they are doing to help end hunger.</p>	<p>12 Get some healthy eating tips from our community nutritionists with one of our Nutrition Newbie blog posts.</p>	
<p>13 What do you think of the Food Bank? Write a review online at Great Nonprofits, Yelp, or Facebook!</p>	<p>14 Host a bake sale and donate the proceeds to Second Harvest.</p> 	<p>15 Talk about the issue of hunger with your kids and have them draw a picture for Hunger Action Month. Share it on Facebook!</p>	<p>16 Share a great, nutritious recipe with family and friends. Think about what food means to you. View our recipe tip card archive.</p>	<p>17 Want to play with your food? Organize a fun CANstruction event for your team at work!</p> 	<p>18 Meet some of our neighbors in need by watching one of our YouTube videos.</p> 	<p>19 Start the CalFresh (food stamps) Challenge, eat on \$5 a day and share your experience with others. Learn more about CalFresh.</p>	
<p>20 This Wednesday is the last day of summer. Hold a garage sale to clean out your closet and donate the proceeds to Second Harvest!</p>	<p>21 Sign up for our Food for Thought newsletter for stories, updates, and more!</p>	<p>22 Write an article for your congregation, community group, club's newsletter about hunger in our community.</p> 	<p>23 The holiday season is fast approaching! Sign up to run a food & fund drive.</p>	<p>24 Host a dinner party and ask your guests to bring donations to benefit Second Harvest.</p>	<p>25 It's Fall! If it's harvest season in your backyard, please donate your extra produce to Second Harvest.</p>	<p>26 Meet a neighbor making a difference in our community by reading one of our Local Hunger Fighter blog posts.</p>	
<p>27 Want to feed our neighbors in need every day of the week? Join our Monthly Harvest Club.</p>	<p>28 Organize a brown bag lunch with co-workers and donate your lunch money to Second Harvest.</p> 	<p>29 Next time you're at the grocery store, pick up a few extra cans of tuna or jars of peanut butter and drop them off at one of these locations.</p>	<p>30 Stay engaged with us year-round and volunteer! Check out volunteer opportunities at the Food Bank.</p>	<p>TOGETHER, WE ARE CREATING A HUNGER-FREE COMMUNITY</p>			



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