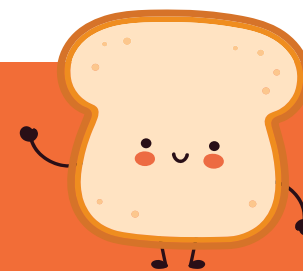








SECOND HARVEST
of SILICON VALLEY

September 2022 | HUNGER ACTION MONTH

TAKE A **SLICE** OUT OF HUNGER: 30 Ways in 30 Days



SUN	MON	TUE	WED	THUR	FRI	SAT
<p>Our Mission: <i>Lead our community to ensure that anyone who needs a healthy meal can get one.</i></p>				<p>1 Help us raise \$500,000! The Sobrato Family Foundation has already donated \$250,000—we need your help to raise the rest by Sept. 30th!</p>	<p>2 Stay informed and follow us on LinkedIn.</p>	<p>3 Promote food resources and share nutrition education by becoming a Health Ambassador today!</p>
<p>4 Sign up to volunteer at these most needed sites.</p>	<p>5 LABOR DAY Check if your employer has a matching gift program!</p>	<p>6 Help your neighbors access free, healthy food by sharing our food connection form.</p>	<p>7 Support free school meals. Watch and share our Universal Meals Video with your community.</p>	<p>8 Follow us on social media @2ndharvest    </p>	<p>9 Post a selfie or IG story of you volunteering include #hungeractionmonth @2ndharvest.</p>	<p>10 Sign onto the FRAC letter supporting Universal School Meals at the federal level.</p>
<p>11 Advocate for your neighbors and read our policy agenda.</p>	<p>12 Find out if you are eligible for CalFresh.</p>	<p>13 Learn about all the ways you can help!</p>	<p>14 DID YOU KNOW: We distribute food through over 300 partners at more than 900 sites to reach people in nearly every corner of Silicon Valley.</p>	<p>15 SUBSCRIBE - sign up to receive our emails to stay informed.</p>	<p>16 Help seniors and other homebound clients through home delivery volunteering.</p>	<p>17 Get creative and make an impact. Read our 5 fun virtual food drives blog for inspiration.</p>
<p>18 DID YOU KNOW: 95% of contributions go to client programs.</p>	<p>19 Reduce your food waste! Read and share our “When Should I Eat This” flyer.</p>	<p>20 Increase your knowledge on food insecurity. Read our blog that debunks the top 5 food insecurity myths.</p>	<p>21 Learn about how we keep our volunteering safe through our safety guidelines.</p>	<p>22 DID YOU KNOW: Last year we distributed an average of 12M pounds every month. We distributed 143M pounds in total.</p>	<p>23 HUNGER ACTION DAY! Wear orange to show you support taking a slice out of hunger.</p>	<p>24 Volunteer at our warehouse to help us sort and box fresh produce.</p>
<p>25 Your vote counts - register for the November Election today!</p>	<p>26 Host a virtual food drive to build a hunger-free community.</p>	<p>27 Volunteer at one of our distribution sites to help give your community nutritious food.</p>	<p>28 Visit our nutrition center for tips, nutritional resources and recipes.</p>	<p>29 DID YOU KNOW: A \$1 donation helps us provide enough food for 2 nutritious meals.</p>	<p>30 Our food connection team explains CalFresh in this blog. Read and share with your neighbors!</p>	