SEPTEMBER 2013

HungerActionMonth.org

Together we can solve hunger.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Post this calendar on the fridge	**2** Like MFBN on facebook.com/ feedmontana	**3** Cook a meal with your family, while eating discuss the importance of fighting hunger.	**4** Organize a brownbag lunch with co-workers and donate your lunch money to the food bank	**5** Go orange! Wear orange or go orange digitally.	**6** Support your Farmer's Market this weekend!	**7** Take pics of you & your friends wearing orange- post on Facebook, twitter or Instagram. #HungerAction
8 Grandparents Day! Send a donation to the food bank in their honor.	**9** Start the SNAP Challenge. Eat on $5 a day. Share your experience on Facebook or twitter.	**10** Donate 10 nonperishable items to a food bank or shelter	**11** Tour Montana Food Bank Network	**12** Write a letter to a newspaper editor about hunger	**13** Watch the film *A Place At The Table*	**14** Like Feeding America on
15 Request Montana Food Bank Network e-newsletter at mfbn.org (bottom right corner of site)	**16** Follow @mfbn on Twitter	**17** Share a hunger fact with friends	**18** Learn about MFBN on YouTube youtube.com/ MTFoodBankNetwork	**19** Make coffee at home and donate what you would have spent to the food bank	**20** Have the kids draw a picture for Hunger Action Month and share the photo on social media.	**21** Set an empty plate at the table as a reminder that 1 in 7 Montanans struggle with hunger.
22 Donate your status for hunger	**23** Invite your local representative to visit our food bank (www.congress.org)	**24** Volunteer at the food bank, contact Katie Lane: klane@mfbn.org or 406.721.3825 x252	**25** View poverty statistics for your county at Map the Meal Gap	**26** Volunteer at the food bank	**27** Register to vote or encourage others to register	**28** Visit Kendall Subaru of Missoula Food Drive & Donate! (9/16-10/16) KENDALL cares
29 Make a financial contribution to the food bank: mfbn.org/donate	**30** Book mark our website: mfbn.org					

Our mission is to end hunger in Montana.
The Montana Food Bank Network is a non-profit 501(c)(3) organization.

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