

# 09 HUNGER ACTION MONTH 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 Tape this calendar to your fridge or at the office </p>	<p>2 Set up an empty jar at home and work to collect change for the month </p>	<p>3 Follow Mountaineer Food Bank on social media </p>	<p>4 Schedule to volunteer with MFB Call 304-364-5518 </p>	<p>5 Start a Facebook fundraiser to support Mountaineer Food Bank! </p>	<p>6 ON FRIDAYS IN SEPTEMBER WEAR ORANGE </p>	<p>7 Saturday shopping! As you head to the grocery store consider grabbing a few items to donate to the local pantry! </p>
<p>8 Grandparents Day! Donate in honor of your grandparents to feed hungry seniors </p>	<p>9 Put an orange bulb in your porch light and shine it bright to bring awareness to hunger! Share on social media and tag MFB </p>	<p>10 HUNGER ACTION DAY WEAR ORANGE! DONATE! ADVOCATE! VOLUNTEER!</p>	<p>11 Keep that light shining bright throughout HAM and remind those passing by of the issue of hunger in your community! </p>	<p>12 How many neighbors in your community are food insecure? FIND OUT SCAN HERE </p>	<p>13 Share your volunteer activity or facts on hunger in your community on social media. Tag MFB! </p>	<p>14 Support a Local Farmer! </p>
<p>15 Pantry Clean-Out! Donate any un-needed or wanted items to your local feeding program!</p>	<p>16 MATCHING MONDAY Ask your employer about matching a donation to Mountaineer Food Bank </p>	<p>17 TOUR THE FOOD BANK Give us a call and schedule a tour! 304-364-5518 </p>	<p>18 Learn more about our Veterans Table program and support a Veteran today for only  \$35.00 </p>	<p>19 Find a partner agency near you and volunteer or make a donation directly to them! </p>	<p>20 Can you spot MFB on the move? Take a picture of our trucks traveling through your community and share on socials! </p>	<p>21 Saturday Shopping Be sure to visit our friends at Kroger and participate in the round-up campaign! </p>
<p>22 What does hunger look like to you? Share those words and images on your socials and tag MFB</p>	<p>23 DONATE TO MOUNTAINEER FOOD BANK FEEDING PROGRAMS SCAN ME TO DONATE </p>	<p>24 Did you know MFB also provides food through our Pets of Vets program! Donate a bag of pet food today! </p>	<p>25 Purchase items from Mountaineer Food Bank Amazon Wishlist to support our mission! </p>	<p>26 Watch "A Place at the Table" on Amazon Prime </p>	<p>27 MAKE YOUR COFFEE AT HOME TODAY AND DONATE YOUR SAVINGS! </p>	<p>28 SELFIE SATURDAY Share and Tag @MountaineerFood how you participated in one or more of our HAM actions.</p>
<p>29 SPONSOR SUNDAY Prepare to pitch a company sponsorship to MFB for this coming week! </p>	<p>30 Empty Jar - donations should be counted and donated to MFB! SCAN ME TO DONATE </p>					