

# September 2019 ... Together we can #FeedTheChange!

SUNDAY                      MONDAY                      TUESDAY                      WEDNESDAY                      THURSDAY                      FRIDAY                      SATURDAY

## 30 Ways in 30 Days - 2019

<p><b>1</b> Set up a jar to collect your spare change to donate at the end of the month.</p>	<p><b>2</b> Share this calendar with at least 10 friends.</p>	<p><b>3</b> Top 10 Tuesday – Items needed most: fresh produce, canned meat, peanut butter, canned fruit/veg, or soup.</p>	<p><b>4</b> Tell your friends you are participating in Hunger Action Month via social media.</p>	<p><b>5</b> Share our Facebook page with your friends so they too can help out!</p>	<p><b>6</b> Fresh Friday! Buy a little extra fresh food this week and donate it to a local food bank.</p>	<p><b>7</b> Post or tag a picture on social media and use #FeedTheChange</p>
<p><b>8</b> Do you or a friend need food help? Visit <a href="#">Food Help Northumberland</a></p>	<p><b>9</b> Check out and share Food Banks Canada's <a href="#">Impossible Choices tool</a></p>	<p><b>10</b> Tuna Tuesday! Donate canned tuna to a local food bank.</p>	<p><b>11</b> Are you a teacher? Check out Food Banks Canada's <a href="#">Impossible Choices lesson plan</a></p>	<p><b>12</b> Toiletries Thursday: Donate shampoo, toilet paper, soap &amp; toothpaste.</p>	<p><b>13</b> Fresh Friday! Plan a fresh food drive next week and donate to your local food bank!</p>	<p><b>14</b> Cook a meal with your children or friends and talk about fighting hunger.</p>
<p><b>15</b> Looking for an easy way to give? Donate a retail gift card to your local food bank. <a href="#">Northumberland Food Banks</a></p>	<p><b>16</b> Organize a food drive this week at your office or school.</p>	<p><b>17</b> Top 10 Tuesday –Items needed most: Pasta/sauce, canned tomatoes, canned pasta, toilet paper, soap or shampoo.</p>	<p><b>18</b> Check out our <a href="#">Feed the Change 2019</a> report on our website</p>	<p><b>19</b> Share our infographics about hunger and poverty on social media.</p>	<p><b>20</b> Fresh Friday! Sweet corn or squash ready to harvest? Food 4 All will gladly accept your extras.</p>	<p><b>21</b> To increase awareness, try shopping for your weekly groceries using only half of your normal budget.</p>
<p><b>22</b> Set an empty plate at your table to remember those at risk of being hungry.</p>	<p><b>23</b> Contact your local school and find out about volunteering with their student nutrition program.</p>	<p><b>24</b> Tuna Tuesday! Donate canned tuna to a local food bank.</p>	<p><b>25</b> Volunteer your time at a local community meal: <a href="#">Community Meals</a></p>	<p><b>26</b> Brown bag your lunch today and donate your lunch money to your local food bank.</p>	<p><b>27</b> Fresh Friday! Donate your excess garden produce to your local food bank. <a href="#">Northumberland Food Banks</a></p>	<p><b>28</b> Start composting to reduce food waste. <a href="#">County composting</a></p>
<p><b>29</b> Plan to visit the 4th annual Classic Rock Restock event Oct. 17 -18 at Victoria Hall, Cobourg.</p>	<p><b>30</b> Cash in the change you've collected since Sept. 1st and donate!</p>					