

# HUNGER ACTION MONTH CALENDAR



## SEPTEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 Set up a time to tour Channel One and learn more about all that we do to feed people in need.	2 Find Channel One on Facebook and "Like" us!	3 Visit your local Farmers Market. Thanks to all the Rochester Downtown Farmers Market vendors who donate to Channel One!
4 Movie Night! Watch the film <i>30 Days on Minimum Wage</i> and discuss with your friends.	5 Calendar share! Send this calendar to a friend along with your favorite Hunger Action Month activity.	6 Donate extra fruits and vegetables from your garden to Channel One.	7 Host a Denim Day at work where employees pay \$5 to wear jeans for a day, all proceeds can be donated to Channel One!	8 Contact Channel One and learn more about volunteer opportunities! Contact Maggie at <a href="mailto:maggieparham@channel-one.org">maggieparham@channel-one.org</a> .	9 Write to your elected officials about and urge them to support hunger relief initiatives.	10 Run or walk in the Harvest Classic 5K to benefit Channel One! For more information visit <a href="http://harvestclassic.com">harvestclassic.com</a>
11 It's Grandparent's Day! In honor of your grandparents send a donation to support Channel One.	12 The Student Food Drive starts Sept. 26th. See if your local High School is participating and get involved! Visit <a href="http://helpinfeedpeople.org">helpinfeedpeople.org</a> for details.	13 If you are a business owner, select a day and donate a portion of your proceeds to fight hunger.	14 Organize a food scavenger hunt in your neighborhood and donate all the food you collect to Channel One!	15 Sign up for Channel One's newsletter or e-news. Visit <a href="http://helpingfeedpeople.org">helpingfeedpeople.org</a> for more details.	16 More than Food: Host a potluck dinner with family and friends. Everyone brings a dish and share the stories of why it's special.	17 Visit <a href="http://helpingfeedpeople.org">helpingfeedpeople.org</a> and become familiar with the most needed items in the Channel One Food Shelf.
18 Tell others about Hunger Action Month with an updated Facebook status or a Tweet!	19 Macaroni Monday! Organize a macaroni food drive.	20 Have a recipe share. Share recipes via e-mail with friends, and encourage them to get involved with hunger action month.	21 Ask about access. Does your local grocery store accept food support (food stamps)? If not, ask them to change their policy.	22 Ask your employer to match donations to Channel One!	23 Join Channel One's Meal-A-Month program and support Channel One all year long. Visit <a href="http://helpingfeedpeople.org">helpingfeedpeople.org</a> for details.	24 Volunteer to read children's books about hunger awareness at your local library.
25 Instead of stopping for coffee, make coffee at home this week and donate the money saved to hunger relief efforts!	26 Student Food Drive kick-off! Join local high schools in supporting their local Channel One member food shelf!	27 Post upcoming Channel One events or volunteer opportunities on your blog or Facebook page.	28 Write a letter to your elected officials about hunger. Visit <a href="http://congress.org">congress.org</a> for contact information.	29 Set an empty plate at your table as a reminder of those who are at risk for hunger.	30 Reflect on your experiences during Hunger Action Month and think about ways you can continue to work towards ending hunger!	1

### SEPTEMBER HOLIDAYS:

5 - Labor Day; 11 – Ten Year Anniversary of 9/11;  
11 – Grandparents' Day; 23- First Day of Autumn;  
28 – Rosh Hashanah begins at sundown and goes through nightfall of September 30

### Channel One Food Bank and Food Shelf

131 35th Street SE, Rochester, MN 55904  
507-287-2350 [www.helpingfeedpeople.org](http://www.helpingfeedpeople.org)