

September 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Share this weekly calendar with a friend	2 Contact your community about planting a community garden	3 Volunteer at your local food bank
4 Shop at your local farmers market	5 Join our newsletter	6 Like/follow your favorite hunger fighting organizations on all social platforms	7 Make a donation to Rise Against Hunger	8 Choose Rise Against Hunger as your designated charity on Amazon Smile	9 Write a letter to congress	10 Volunteer at a meal packaging event in your area
11 Organize your own Rise & Stride Challenge race	12 Take the world food program hunger quiz to learn how much you know about global hunger	13 Donate in honor of someone	14 Have a hunger discussion with youth group, classroom, or coworkers	15 Share your local food bank's social media handles to your networks	16 Become a monthly donor by joining Team Nourish	17 Plant a herb garden
18 Host your own fundraiser (lemonade stand, bake sale, etc)	19 Contact your job, church, school, etc about organizing a meal packaging event	20 Watch and share our Pathways to End Hunger video	21 Plan your own home summer garden	22 Purchase your favorite Rise Against Hunger merch from our online store	23 Share this weekly calendar with a friend	24 Check out the FAO's State of Food Security and Nutrition in the World Report
25 Read & share a blog post about one of the people we serve	26 Make a donation to your local food bank	27 Share a hunger fact on your social platforms	28 Contact your job, church, school, etc about organizing a food drive	29 Encourage your networks join our newsletter	30 Volunteer at your community garden	

Hunger Action Month