

30 WAYS in 30 DAYS

SEPTEMBER is Hunger Action Month



SUN	MON	TUE	WED	THU	FRI	SAT
	1 Share this calendar with your friends & family. Ask them to help fight local hunger too!	2 Listen to WDWS 1400AM for HAM updates, EIF agency spotlights and more!	3 Learn more about EIF by visiting our website at eifoodbank.org	4 WEAR ORANGE! ORANGE IS THE NATIONAL COLOR FOR THE FIGHT AGAINST HUNGER & TODAY IS GO ORANGE DAY!	5 OPERATION ORANGE EIF's first 12-hour repack is today! Haven't signed up? Sign up at eifoodbank.org	6 "LIKE" US 
7 Grandparent's day! Make a donation to the Foodbank in their honor.	8 Sign up for our monthly volunteer e-newsletter at eifoodbank.org	9 Will your employer match employee donations to EIF for HAM? Ask your finance dept. today!	10 Change your Facebook cover photo to match EIF's in support of hunger awareness.	11 Become a hunger champion. Join Hundreds Against Hunger. Contact EIF for details.	12 Come by EIF from 7am-1pm for a tour! Tours will be done every hour. Please call 328-3663 to register before attending.	13 Follow us 
14 Make a financial contribution to EIF. Every dollar donated is equal to 6 meals. Spread the word!	15  starts today! Can you make it the end of the week on a food stamp budget (\$4.50/day)?	16 Drop off produce from your garden to EIF or one of our member agencies.	17 Find us on YouTube & watch "The Story of Pep & Cali". youtube.com/eifoodbank	18 Organize a brownbag lunch next week w/ co-workers. Save your lunch money and donate it to EIF.	19 Donate food or dollars to a local food pantry, soup kitchen or shelter. 	20  Support the Illini Fighting Hunger campaign! Text "ILLINI" to 50555 to donate.
21 Sign up for EIF's monthly e-newsletter @ eifoodbank.org	22 Make coffee at home & donate what you would have spent. Try it for today or a week!	23 Have your kids draw a picture for HAM. Share it w/ friends, family & EIF!	24 Opt-in to receive updates from EIF on your phone! TEXT "EIF" to 27722	25 Volunteer at a local food pantry or soup kitchen. Call EIF for contact info.	26  Set an empty plate at your table as a reminder of those who are hungry.	27 View local poverty statistics for your county at feedingamerica.org/mapthamealgap
28 Host a dinner party and ask guests to bring a donation for EIF.	29 Visit eifoodbank.org/challenge/hunger to read local stories about how hunger impacts our community.	30 Did you make it through the SNAP Challenge? Message us on FB or Twitter & share your experience.	 Eastern Illinois Foodbank 2405 North Shore Drive, Urbana 328-3663 www.eifoodbank.org			