










SEPTEMBER 2012

YOU CAN GET INVOLVED IN THE FIGHT AGAINST HUNGER

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|---|---|--|--|
| | | | | | | 1 Visit the Hunger Action Month website: www.hungeractionmonth.org |
| 2 Sign up to receive the Food Bank's e-newsletter | 3  'Like' the Food Bank | 4 Plan a food drive - we'll help! Call 412-460-3663 x209 or visit our website | 5 Post this calendar on your office or home fridge  | 6 Go orange! Wear orange to show support for Hunger Action Month | 7 Become a partner of the SWPA Food Security Partnership | 8 Start a ' Pennies for Peanut Butter ' drive |
| 9 Donate food and tote bags at an upcoming Pittsburgh Tote Bag Project event | 10 Schedule a Food Bank presentation for your school or group | 11 Speak out! Sign up for the Hunger Action Center | 12  Fill out a virtual paper plate to send to the Governor | 13  Share your story: why do you support the Food Bank? | 14 Educate yourself: visit your local library or explore ' About Hunger ' on our website | 15 View hunger statistics for your county at Map the Meal Gap |
| 16 Tune in to the Food Bank on  | 17 Take the challenge—live a day or a week on a food stamp budget | 18 Wake Up Call USA's 'Skip Your Lunch Day.' Donate your extra lunch money to the Food Bank | 19 Take a tour of the Food Bank: call 412-460-3663 to schedule your visit | 20 Volunteer! Find out how on our Volunteer Page | 21 Write a letter to a newspaper editor about hunger | 22 It's also Local Food Month: glean , plant-a-row , or visit a Farm Stand |
| 23 Share a hunger fact with friends | 24 It's CANstruction week! View art while helping those in need | 25 National Voter Registration Day! Register to vote or encourage others to register | 26  Follow the Food Bank on Twitter | 27 Set an empty plate at your dinner table to remember those at risk of hunger | 28 Donate! Make a financial contribution to the Food Bank | 29 Donate food at the Allegheny Green & Innovation Festival |
| 30  Make today's status about hunger | | | | | | |

Greater Pittsburgh Community Food Bank
 1 North Linden Street, Duquesne, PA 15110
 412-460-3663 / 1-800-343-3135
www.pittsburghfoodbank.org



Use your smart phone to scan the QR code and get linked directly to our online Hunger Action Month calendar!