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## 30 WAYS IN 30 DAYS

Give a little of yourself. Donate food, time, money and your voice to feed the hungry in our community.

1

Go Orange! Join Whataburger, the Tower of the America's and many others in displaying the color of hunger awareness by using orange lighting, banners or window dressing!

2

Tweet this message: SA Goes Orange! Join Whataburger and support the San Antonio Food Bank this month to Fight Hunger and Feed Hope. Use #sagoes hashtag when tweeting!

3

Attend Construction at North Star Mall Aug 29 - Sep 11 and see how local architects and engineers are creatively fighting hunger.

4

Become a fan of the San Antonio Food Bank on Facebook.

5

Hold a Food & Fund Drive in your school, work or faith community.

6

Become an advocate for those struggling with hunger in our community. Visit [hungeractioncenter.org](http://hungeractioncenter.org) for more information.

7

Inquire about volunteering at the SAFB. Sort food, pack food boxes, distribute food at Food Fairs, prepare & serve meals in one of our Community Kitchens, or plant fruits and vegetables in SAFB's Community Garden.

8

Educate your school, work or faith group about poverty through the Food Bank's Hunger 101 program.

9

Forward this calendar to a friend!

10

Visit the websites of hunger-relief organizations like the San Antonio Food Bank ([safoodbank.org](http://safoodbank.org)) and Feeding America ([feedingamerica.org](http://feedingamerica.org)) to learn what they do and how you can help.

11

Whataburger employees volunteer at the Food Bank for 9/11 National Day of Service to give a little time to help feed a lot of people. Join them by finding a volunteer opportunity in your community.

12

Donate to the San Antonio Food Bank online ([safoodbank.org](http://safoodbank.org)) where \$1 can provide up to 7 meals for someone in need.

13

Hold an event - a concert, a carwash, a bake sale, a rummage sale, a doggie wash, or a lemonade stand and donate the proceeds to your local Food Bank.

14

Join us and members of all religions as we reflect on issues of local hunger through word, song, and dance at the SAFB's 5th Annual Interfaith Event today, September 14.

15

Join Whataburger and hold a Backpack Food Drive at your office. Backpack items are kid friendly and ready to eat.

16

Take your children to the library and check out Fly Away Home, Uncle Willy's Soup Kitchen or another children's book featuring the theme of hunger.

17

Did you know we have a blog? Visit [safoodbank.wordpress.com](http://safoodbank.wordpress.com) leave us a comment and subscribe to get updates.

18

Attempt to provide 3 healthy meals using only the average daily Food Stamp amount allotted per person - \$2 per meal.

19

Encourage your school or class to send thank you letters to your local grocer thanking them for donating to the San Antonio Food Bank and helping nourish food insecure children in our community.

20

At your next special event have your guests bring a canned good to donate to the San Antonio Food Bank.

21

Inquire if your company has a matching program to make your donation go even farther.

22

Shop for your weekly groceries using only half the dollar amount you would normally spend, then donate the other half to a charity that helps people in need.

23

Send a letter to Congress and encourage them to reauthorize Child Nutrition programs.

24

Sign up to take a tour at the Food Bank to find out how you can get involved!

25

Purchase your pancake breakfast tickets at participating San Antonio Whataburger restaurants during the month of September for \$3 to help the Food Bank! Enjoy all you can eat breakfast pancakes on the 25th from 7 a.m. - 10 a.m.

26

Attend the 13th Annual Harvest of Hope Brunch and Silent Auction today at the Westin La Cantera. Individual tickets are \$100.

27

Energize your book club around a book that focuses on the issues of hunger and poverty.

28

Sign up for the 2nd Annual Turkey Challenge 5k Run/Walk event and fundraiser to place turkeys on the tables of families in need during the holidays.

29

Join Whataburger for the SA Goes Orange Campaign finale at the County Line Live Music Series. Bring a canned good for the San Antonio Food Bank.

30

There is still time to give a little during Hunger Action Month. For every \$1 donated, the Food Bank is able to provide 7 meals to people in need.



The mission of the San Antonio Food Bank is to fight hunger in Southwest Texas through food distribution, programs, education, and advocacy.