

# TAKE ACTION

TOGETHER WE CAN SOLVE HUNGER.  
30 WAYS IN 30 DAYS TO GET INVOLVED!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
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FRIDAY	SATURDAY
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**3 HUNT**  
Participate in Hunters against Hunger and donate your wild game this season to your local food bank!

**4 GIVE PRODUCE**  
Donate your surplus produce from your garden!



**5 REGISTER**  
For Huffing For Stuffing! Run, walk, and have fun on Thanksgiving Day while supporting the food bank!

**6 FARM TO FOOD BANK PROGRAM**  
Support your local Farm-to-Food Bank program. Call the Community Co-Op for details!

**7 SPECIAL DIETS**  
Living with a food allergy can be expensive. Donate gluten free foods or other nut butters.

**8 KIDSPACK**  
Donate time or \$ to the KidsPack Program so kids have meals to get them through the weekends! 406-586-7600 for more info.

**9 WATCH**  
Movies that highlight hunger issues; A Place at the Table, Food Inc., We Feed the World, to name a few.

**10 GO ORANGE**  
Donate orange foods this month: carrots, peaches, manadrin oranges and sweet potatoes.



**11 DRINK COFFEE**  
Grab your next latte at Higher Ground. Every third cup of coffee buys a meal for someone at the Community Cafe.

**12 PLAY A GAME**  
Invite a food bank representative to lead you through the Community Food Game! (15+ people needed) It's so FUN!

**13 EXPERIENCE**  
Approximately 2 billion of the world's population lives on less than \$3/day. See if you can meet your food needs on \$3/day.

**14 HUNGER ACTION DAY!**  
Wear **ORANGE** and show support hunger relief programs. Post your pics using #hungeractionday!

**15 SPOON SELFIE**  
Share a 'spoon selfie' – along with hunger-related statistics and challenge a friend to do the same.

**16 DONATE**  
To your local food bank! You can donate online or bring your donation in!

**17 SPREAD THE WORD!**  
Learn about hunger issues in your area and talk about hunger.

**18 ORGANIZE**  
A food drive and collect healthy foods to donate.



**19 HELP SENIORS**  
Swing by the Gallatin Valley Food Bank from 5-7pm and help pack groceries for area seniors! (today only)

**20 TOUR THE FOOD BANK!**  
Give us a call and we'll show you around! 406-586-7600

**21 GIVE MONEY**  
\$25 provides 50 pounds of beans or pasta.



**22 PLAN FOR NEXT SEASON**  
Consider planting extra vegetables in your garden and Grow a Row for your local food bank.

**23 SET AN EMPTY PLATE**  
At your table as a reminder of those at risk of hunger.

**24 WALK WITH US IN OCTOBER!**  
Sign-up to participate in the Crop-Walk in October. Call Judy Mathre for more details: 406-587-8666

**25 VOLUNTEER!**  
Volunteer your time!



**26 COOK A MEAL**  
With your children and teach them healthy food is important for us all.

**27 PLATE SELFIE**  
Write down what you CAN'T do on an empty stomach on a paper plate and take a photo and share on social media!

**28 LEAVE A LEGACY**  
Include Food and Nutrition Programs in your will.



**29 STAY INVOLVED!**  
The Gallatin Valley Food Bank alone feeds 1,200 families a month!

**30 GET SOCIAL**  
'Like' the Gallatin Valley, Headwaters Area, Big Sky Community Food Bank and Community Cafe on social media!