

Food for People

The Food Bank for Humboldt County



September is HUNGER ACTION MONTH



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<p>1</p> <p>September is Hunger Action Month, a month where we stand together to spread the word about the hunger crisis, and dedicate ourselves to identifying a solution. Will you join us?</p>	<p>2</p> <p>Like Food for People Inc. on </p>
<p>3</p> <p>Follow @FoodforPeopleInc on Instagram for fun photos from Food for People's programs!</p>	<p>4 <i>Labor Day</i></p> <p>Share what you can do with a #FullPlate to promote what is possible when we are all well fed.</p>	<p>5</p> <p>Sustaining members keep the food bank going. Consider becoming a Full Plate Partner.</p>	<p>6</p> <p>Visit Food for People's program page and learn about our 14 food programs that address food insecurity in Humboldt County.</p>	<p>7</p> <p>Write a letter to a newspaper editor about Hunger Action Month or another hunger-related issue.</p>	<p>8</p> <p>September is also Local Food Month. Visit localfoodmonth.org to find out what people are doing to celebrate food and farming in Humboldt County.</p>	<p>9</p> <p>VOLUNTEER at Food for People's 2nd Saturday Volunteer Day. Share a pic and use the hashtags #HungerAction #FoodforPeople</p>
<p>10</p> <p>Run for a cause at North Bay Rotaract's 3rd annual 5K Color Fun Run. Join runners at 10 AM in Blue Lake. Part of the proceeds will go to support Food for People!</p>	<p>11</p> <p>VOLUNTEER at Food for People! Volunteer Orientations are held every Monday at 2:30 PM.</p>	<p>12</p> <p>Make coffee at home for a week and DONATE what you would have spent at a coffee shop to the food bank.</p>	<p>13</p> <p>Share a hunger fact use the hashtag #HungerAction. Find some ideas & facts in the Hunger Education section of our website.</p>	<p>14</p> <p>Resolve to throw away less food. Food waste is a struggle for everyone. Visit the Nutrition Education page on our website for tips on how you can cut down on food waste at home and save money.</p>	<p>15</p> <p>Organize a Food Drive at your workplace, club, or church and DONATE to Food for People. Protein is always much-needed at food banks.</p>	<p>16</p> <p>Do you know someone with fruit trees or extra garden produce who might want to donate the surplus? Tell them about our Gleaning Program! </p>
<p>17</p> <p>Do you know what the income guidelines are for CalFresh? Visit our CalFresh Page to find out.</p>	<p>18</p> <p>Organize a "Hunger 101" session for your peers or workplace. Call us for more ideas! 707-445-3166 ext. 308.</p>	<p>19</p> <p>VOLUNTEER as a Delivery Driver for our Senior Brown Bag program providing a monthly bag of groceries to low-income seniors 60+. To sign up call 707-445-3166. Ask for Zack.</p>	<p>20</p> <p>Follow a new organization on Facebook to stay in the know about food insecurity issues and advocacy. Try TalkPoverty or California Center for Public Health Advocacy.</p>	<p>21</p> <p>Did you know the food bank can stretch your \$1? With wholesale buying power and established relationships with farmers and stores Food for People can take your \$1 and feed exponentially more people. DONATE today!</p>	<p>22</p> <p>Check out Food for People's Nutrition Education page at www.foodforpeople.org for tips on eating healthy on a budget.</p>	<p>23</p> <p>Watch "Locally Grown: America's Food Revolution" Minor Theatre - 7 PM. A local documentary about farmers who boost the local economy, protect the environment & give food to people in need.</p>
<p>24</p> <p>Did you know more than 50% of Children in Humboldt County qualify for free or reduced cost meals? Read what we are doing to fight childhood hunger on our website.</p>	<p>25</p> <p>View food insecurity stats for every state as well as Humboldt County at Map the Meal Gap.</p>	<p>26</p> <p>National Voter Registration Day. Vote To End Hunger! Register to vote or encourage others to register. Visit votetoendhunger.org.</p>	<p>27</p> <p>Resolve to make better eating choices-for your health and the health of the planet-and share your resolution!</p>	<p>28</p> <p>Follow Food for People Inc. on Twitter to keep up-to-date on Food for People news!</p>	<p>29</p> <p>The Food Stamp Act of 1977 turns 40! Learn more about the Supplemental Nutrition Assistance Program (SNAP).</p>	<p>30</p> <p>Support your local Farmer's Market! Most also accept CalFresh for food, plants, and seeds that produce food, and offer market match.</p>

#HungerAction

#FoodforPeople

#FullPlate

www.foodforpeople.org

(707) 445-3166

307 W. 14th St., Eureka

