

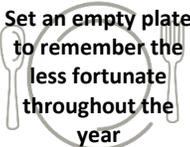
September is Hunger Action Month

30 Ways in 30 Days — Together We Can Solve Hunger



SEPTEMBER 2017



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>Spread the Word post a 30 Ways in 30 Days Calendar on the office fridge</p> 	<p>Check out Hunger Volunteer for the campaign or scan a coupon at your local grocery store this fall</p> 	<p>Join Our Team! Become a Food-Bank volunteer today!</p>	<p>1 Find Fulfill on Face- book and “Like” us. Then ask your friends to like us too!</p> 	<p>2 Wear orange to show your support and raise awareness for hunger action month!</p>
<p>3 Garage Sale: Organize a neighborhood garage sale & donate 10 % of the proceeds</p> 	<p>4  Share A Meal with <i>loved ones</i> While cooking and eating, discuss the importance of fighting hunger.</p>	<p>5 Hunger Action Family Day! S.O.S Food Drive</p> 	<p>6  Brown Bag Benefit: Ask co workers to bag lunches next week, and donate money saved to Fulfill.</p>	<p>7 Foodless Food Drive: Encourage your civic organization to raise funds for the FoodBank</p>	<p>8 Visit The B.E.A.T. Center! Located on 1769 Hooper Avenue Toms River, NJ 08753</p> 	<p>9 Walk with us at Sea Girt Centennial Parade.</p> 
<p>10  Set an empty plate to remember the less fortunate throughout the year</p>	<p>11  Grandparents Day! Plan an activity with your grandparents to help those in</p>	<p>12 Day of Service/ Hunger Challenge Sign Up for our Virtual Turkey Drive at Fulfill to kick off the Hunger Challenge</p>	<p>13  Match it! Ask your employer to match employee donations to Fulfill for Hunger Action Day</p>	<p>14 Pound\$ for Dollar\$ Convert \$ into pounds by donating on behalf of your school to help meet the school challenge</p>	<p>15 NJ Food Bank ADVOCACY DAY! TRENTON</p>	<p>16 Attend the Healing Hunger Carnival!</p> 
<p>17  Speak out Write or call your elected officials. Ask for support of pro- grams that help hungry families</p>	<p>18 Kick-off Students Change Hunger. Enroll your school!</p>	<p>19 Students Change Hunger Day!</p> 	<p>20  Spread it Around Peanut Butter and Jelly are needed. Organize a food drive.</p>	<p>21 Garden Abundance Bring your extra produce to a local food pantry</p> 	<p>22 Special Donor Reception!</p>	<p>23 Sweet Savings Pass up dessert and donate the savings to Fulfill.</p> 
<p>24 Thank a Chef Say “thanks” to the generous chefs who donated to the Culinary Classic by dining out</p>	<p>25 Join us for the 26th annual Culinary Classic at Doolan’s in Spring Lake</p>	<p>26 Follow us on snapchat: fulfillnj</p> 	<p>27 Feed a Family Donate 30 non-perishable food items to Fulfill.</p>	<p>28 Take a selfie balancing a spoon on your nose and hashtag it #Spoonember. Be sure to challenge three friends by tagging them in your post!</p>	<p>29 Become a Donor— Learn more!</p>	<p>30 Join us on October 14 for Childhood Hunger Day!</p>

The FoodBank of Monmouth and Ocean Counties is now FULFILL
3300 Route 66, Neptune, NJ 07753

