

SEPTEMBER IS HUNGER ACTION MONTH

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

For 30 days in September join us for actions, ideas, and education about hunger in our community. Use the hashtag #HungerInBrantford to share and follow along. If you or someone you know are experiencing food insecurity please reach out or visit our website: www.BrantfordFoodBank.com | 519-751-4357 | info@crs-help.ca

1
Join us for 30 days of action against hunger.

2
Read the 2021 Hunger Count.

3
MYTH BUSTING

4
Take lunch from home this week and donate your savings!

5
Meet us Monday

6
Write a letter to your MPP to tell them why reducing food insecurity is important to you.

7
Register a team to golf in the Drive Out Hunger tournament.

8
1 in 5 reported going hungry between March 2020 and March 2022.

9
Can you create a 5 day meal plan for \$3 per day? Share your results!

10
MYTH BUSTING

11
Join our mailing list to stay up to date on what we are doing to fight hunger.

12
Meet us Monday

13
Get involved at work and hold a dress-down day fundraiser.

14
“Like” & “Follow” the Brantford Food Bank

15
Business owner? Brainstorm some ideas of how you could fundraise for the food bank.

16
Research planned giving.

17
MYTH BUSTING

18
Set an empty plate at your table or in the work kitchen.

19
Meet us Monday

20
Make an impossible decision, pick 2: Electricity, rent, food, internet, or transportation

21
Children make up 34% of our clients. Talk to children about hunger.

22
Drive Out Hunger charity golf tournament.

23
Host a dinner party with common food bank food items and “charge” your guests - donate the proceeds!

24
MYTH BUSTING

25
Food Waste Challenge. Can you have a zero-food waste week?

26
Meet us Monday

27
Contact us for volunteering opportunities.

28
Consider the impact of a small monthly donation.

29
Make a social media post using #HungerActionMonth #HungerInBrantford.

30
Share what you have learned in the last 30 days.

BE A HERO, FIGHT HUNGER WITH US.

#HungerInBrantford