

September 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Post this calendar on the office fridge	2 Find us and “Like” us on Facebook @FeedingMaine	3 Hunger Action Day!™	4 Make your Facebook profile “Turn Orange for Hunger Relief™”	5 Donate 30 nonperishable items to the Food Bank
6 Take a selfie with a spoon on your nose and post it using #Spoonember	7 <i>Labor Day</i> Collect food from BBQ guests for your local pantry	8 Plan a food drive competition among friends	9 View hunger statistics for your county in the <i>Map the Meal Gap</i> report	10 View Food Bank videos on YouTube by searching FeedingMaine	11 Volunteer at the Food Bank or your local pantry or meal site	12 Take part in the Neighbors Helping Neighbors Drive in Bangor & Portland
13 Lake Auburn Half Marathon, Bike Tour & 5K benefiting GSFB	14 Bookmark our website: feedingmaine.org	15 Organize a Tuna Tuesday food drive	16 Text FOODBANK to 20222 to donate \$5 to Good Shepherd Food Bank	17 Write a letter to a newspaper editor or post a blog about hunger	18 Tune in to watch kids fight hunger in the School Spirit Challenge on WGME	19 Donate a grocery store gift card to your local pantry
20 Blog, tweet or post on Facebook about Hunger Action Month	21 Make coffee at home this week. Donate the savings to the Food Bank.	22 Share information about hunger in Maine with your state elected officials	23 Organize a brown bag lunch and hunger discussion with co-workers.	24 Tour Good Shepherd Food Bank with friends & family	25 Register to vote or encourage others to register	26 Watch the film <i>A Place at the Table</i>
27 Honor the “Hunger Heroes” in your community	28 Follow Good Shepherd Food Bank on Twitter @FeedingMaine	29 Send a letter to state & federal elected officials supporting hunger relief efforts	30 Sign up for our email newsletter to stay in touch!	<div style="border: 1px dashed orange; padding: 10px; text-align: center;"> <p>Learn more about Hunger Action Month and Good Shepherd Food Bank’s work to end hunger in Maine by visiting www.feedingmaine.org.</p> </div>		