

TAKE ACTION

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



| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | SATURDAY |
|--|--|--|--|--|--|---|--|--|--|--|--|
| 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. | | 1 HARVEST Volunteer at God's Garden and help with their harvest! Call 548.1712 | 2 BUDGET Try to eat for a week on a SNAP budget and share your experience with us. |
| 10 GO ORANGE Donate orange foods this month: carrots, peaches, manadrian 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! | | 8 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! | 9 WATCH Movies that highlight hunger issues; A Place at the Table, Food Inc., We Feed the World, to name a few. |
| 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.  | | 15 KIDSPACK Donate time or \$ to the KidsPack Program so kids have meals to get them through the weekends! 406-586-7600 for more info. | 16 DONATE To your local food bank! You can donate online or bring your donation in! |
| 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 CAFE NIGHT! Eat a meal at the Community Cafe and Pay it Forward! | | 28 LEAVE A LEGACY Include Food and Nutrition Programs in your will.  | | 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. |
| | | | | | | | | | | 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! |