VIRGINIA DEPARTMENT OF SOCIAL SERVICES

OFFICE OF INNOVATION AND STRATEGIC INITIATIVES

NATIONAL HUNGER ACTION MONTH IS SEPTEMBER

Join the movement and make a lasting impact.
Donate, volunteer, advocate because no one should go hungry.

MON	TUE	WED	THU	FRI
9 Kick-off Hunger Action month with a food drive. **Partner** with your local food bank or pantry.	**10** **Take** the SNAP Challenge. See if you meet your nutritional needs on just $5 a day.	**11** **Read** *The Omnivore's Dilemma* by Michael Pollan and change the way you think about food.	**12** **Support** your local farmers, artisans, bakers & more. Try stopping by your farmer's market.	**13** **Host** film a screening and discussion as a Lunch & Learn of the documentary *A Place at the Table*.
16 Today is Hunger Action Day. **Wear** orange & participate in the Empty Plate Challenge. **Use** #VDSSHungerActionDay on social media.	**17** **Listen** to a podcast about hunger during your commute. Try *The World Food Program's*, "Hacking Hunger" Podcast.	**18** Become a "Guerrilla Gardener"and **grow** free food in public spaces. ex. a row of kale along a library.	**19** **Make** a home-cooked meal with all local and fresh ingredients. Eat with friends and family.	**20** Did you know FRAC will send you news about hunger? Stay informed & **sign up** for their newsletters.
23 If you're hosting a food drive, this is the last week to donate, **bring** in your canned goods.	**24** National Voter Registration Day. Vote To End Hunger! **Register** to vote or **encourage** others to register. #VoteFood	**25** Today is VDSS Volunteer Day. **Volunteer** at your favorite organization taking action against hunger.	**26** Did you know wasted food produces 3.3 gigatons of greenhouse gases? **Learn** how to reduce your food waste.	**27** **Follow** @rvafoodjustice or a similar organization in your area to get inspired as to how you can support food security
30 **Take** everything you learned this month and continue being an advocate for food security.				