

# HUNGER ACTION MONTH

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>30 Ways to honor Hunger Action Month</b></p>	<p><b>1 Share 30 Ways Calendar</b> Send this calendar to friends and family and post it on social media.</p>	<p><b>2 Volunteer</b> Join us at the Food Bank to help pack Healthy Food Boxes.</p>	<p><b>3 Watch a Movie about Hunger</b> “A Place at the Table”</p>	<p><b>4 Social Media</b> Follow and engage with us on <a href="#">Facebook</a> and <a href="#">Instagram</a> and help spread awareness about hunger.</p>	<p><b>5 Brown Bag It!</b> Ask your coworkers to pack their lunches next week and donate the money saved to Second Harvest Food Bank.</p>	<p><b>6 Donate</b> Visit our website to <a href="#">make a donation</a>. \$1 = 3 healthy meals</p>
<p><b>7 Volunteer</b> Volunteer at our Chefs’ Dinner on September 17. We need servers and other volunteers to help us make this fund-raising event a success.</p>	<p><b>8 Potluck Dinner</b> Host a potluck dinner for family and friends, and discuss how to fight hunger.</p>	<p><b>9 Hunger Action Day</b> Use your voice to help educate others about hunger.</p>	<p><b>10 Go Orange!</b> Wear orange to show your support in the fight against hunger.</p>	<p><b>11 Talk to Someone about CalFresh</b> <a href="#">CalFresh</a> is the first line of defense against hunger, and it helps our local economy.</p>	<p><b>12 Send Friends and Family an Email about Hunger</b> Include local facts about hunger and what can people do to help.</p>	<p><b>13 Support your local Farmers’ Markets</b> You can find the best local produce at your <a href="#">Local Farmers’ Markets</a>.</p>
<p><b>14 Start the CalFresh Challenge</b> Try eating on a budget of <b>\$4.50?</b> a day for 7 days. Share your experience with Second Harvest Food Bank.</p>	<p><b>15 Coffee Collection</b> This week, make your coffee at home and <a href="#">donate</a> what you would have spent to Second Harvest Food Bank. \$1 = 3 healthy meals</p>	<p><b>16 National Voter Registration Day</b> Encourage your community to <a href="#">register to vote</a>.</p>	<p><b>17 Sponsor an SHFB Event</b> We have several <a href="#">sponsorship opportunities</a> throughout the year.</p>	<p><b>18 Explore SHFB Nutrition Classes</b> Visit one of the Second Harvest nutrition classes and learn about healthy eating for you and your family.</p>	<p><b>19 Write a Letter to the Editor on Hunger</b> Talk about the importance of fighting hunger in Santa Cruz County.</p>	<p><b>20 Set an Empty Plate at the Table</b> While you eat, discuss what your family can do to fight hunger in our community.</p>
<p><b>21 Volunteer</b> Volunteer at one of our 66 Santa Cruz County food distribution sites.</p>	<p><b>22 Donate</b> Purchase something from our online <a href="#">merch store</a>. \$10 from every purchase will be donated to the Food Bank.</p>	<p><b>23 Food for Thought Sign-up</b> on our website to receive our e-newsletter.</p>	<p><b>24 Write or Call your Elected Officials</b> <a href="#">Encourage them</a> to support hunger relief efforts through legislation.</p>	<p><b>25 Become a Food Bank Advocate</b> <a href="#">Learn</a> how to help others through policy.</p>	<p><b>26 Double Your Donation</b> Find out if your employer participates in a <a href="#">Double Your Donation</a> program.</p>	<p><b>27 Volunteer</b> Volunteer for three hours to help pack and sort on any Saturday.</p>
<p><b>28 Help Someone Apply for CalFresh</b> Let’s bring the county’s participation rate up by educating someone about <a href="#">CalFresh</a>.</p>	<p><b>29 Tour Second Harvest</b> Schedule a tour of the Food Bank by calling 831-662-0991.</p>	<p><b>30 Donate</b> Set up a monthly, recurring <a href="#">donation</a>.</p>				