

# hunger ACTION month

30 ways in 30 days to help your hungry neighbors

Every September, Aurora Area Interfaith Food Pantry, together with the Northern Illinois Food Bank and Feeding America, mobilize across all 50 states to bring awareness to the issue of hunger in America. Hunger Action Month is designed to inspire people to take action and raise awareness of the fact that 42 million Americans, including 13 million children, are food insecure, according to the USDA. It is the responsibility of all of us to end hunger. Join us in taking action today!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



## September 2021

<p><b>Light up your home or business by switching to orange light bulbs for hunger action month.</b> 5</p> 	<p><b>Labor Day. Educate yourself about where your food comes from and honor the labor of farm workers.</b> 6</p>	<p><b>Give time! Become a #hungerhero by volunteering at the Aurora Food Pantry.</b> 7</p> 	<p><b>Go to our website and purchase tickets to our 40th birthday bash: 1981 House Party.</b> 8</p> 	<p><b>Brown bag your lunch and donate what you would spend to the Aurora Food Pantry.</b> 9</p> 	<p><b>Watch A Place at the Table, a documentary about Hunger in America, on YouTube.</b> 10</p> 	<p><b>Buy local produce at the Aurora Farmer's Market and make a meal from your haul.</b> 11</p> 
<p><b>Read a bedtime story about hunger with your children like The Good Garden by Katie Smith Milway.</b> 12</p> 	<p><b>Download our Local Hunger Fact Sheet from our website.</b> 13</p>	<p><b>Take a selfie with a paper plate and write can't do on an empty stomach. Tag us: @AuroraFoodPantry</b> 14</p>	<p><b>Write a note of hope to be included in our Pantry-to-Go boxes for a local senior.</b> 15</p>	<p><b>Share our advocacy post &amp; contact your representatives to take action on hunger.</b> 16</p>	<p><b>Hunger Action Day. Wear orange for awareness!</b> 17</p>	<p><b>Plan a neighborhood food drive.</b> 18</p>
<p><b>Schedule an Aurora Food Pantry rep to come speak to your congregation.</b> 19</p> 	<p><b>Take the SNAP challenge by only spending \$19.90 per person for the week on food.</b> 20</p>	<p><b>Reduce food waste by cooking meals at home with only supplies you currently have.</b> 21</p>	<p><b>Fall into giving! Each 10 dollars you give will allow us to buy 80 dollars worth of food.</b> 22</p> 	<p><b>Purchase a box of diapers or formula and donate to our kids pop-up pantries.</b> 23</p> 	<p><b>Suggest that your workplace or faith organization organize a day of service at the pantry.</b> 24</p>	<p><b>Host a dinner party and discuss food insecurity. Ask guests to bring a monetary donation or canned goods to help the hungry.</b> 25</p>
<p><b>Create a compost bin to help eliminate food waste and nourish the soil for future planting!</b> 26</p> 	<p><b>Prepare a freezer meal for a friend or neighbor that they can use when they don't have the time to cook.</b> 27</p>	<p><b>Set a place setting at a meal that represents the thousands of people that will go hungry today.</b> 28</p> 	<p><b>Have a lot of excess produce from your home garden? Donate to the Aurora Food Pantry.</b> 29</p> 	<p><b>Collect the 30 non-perishable items and donate them to the Aurora Food Pantry.</b> 30</p> 		

Take action today at [aurorafoodpantry.org](http://aurorafoodpantry.org)