



# HUNGER ACTION MONTH

*Awareness to Action*

Throughout the month of September we want to draw awareness and inspire people to take action about food insecurity. It is all of our responsibilities to end hunger. Join us in taking action!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

## SEPTEMBER 2022



4

Schedule a rep from our pantry to speak to your congregation!



Scan to set up a time!

5

Check out our article about the effects hunger causes on our mental and physical health.



Scan to read.



6

Follow us on social media! [@aurorafoodpantry](#)



Scan to view our social media channels!

7

It is never too early to talk about hunger in the States. Talk to your children about ways your family can make a difference.

8

Watch our Docuseries, airing on Facebook about how hunger impacts mental/physical.




Visit our Facebook page, [@aurorafoodpantry](#).

9

Prepare a frozen meal for a neighbor or friend who can use it when they don't have time to cook.

10

Plan a neighborhood food drive.



Scan for more information!

11

Join us for the Community Fridge Brunch at Culture Stock - 11:00 AM.



Scan for more information!

12


Volunteer Open House! Learn more about becoming a volunteer.



Scan for more information!

13

Is your garden overflowing with produce? Consider donating extras to the pantry!



14

Become a #HungerHero and volunteer with us!



Scan for more information!

15

Watch our Docuseries, airing on Facebook about how hunger impacts kids.



Visit our Facebook page, [@aurorafoodpantry](#).

16

Get work involved! Set some time aside to team build by volunteering!




Scan for more information!

17

Reduce food waste by cooking meals at home with supplies you currently have.

18



19

Check out our article about the effects hunger causes in children.



Scan to read.

20

Share our social media posts with your friends and followers!



Scan to view our social media channels!

21

Every \$10 donated can be used to purchase \$80 worth of groceries.



Make a donation today!

22


Watch our Docuseries, airing on Facebook about how hunger impacts seniors/veterans.



Visit our Facebook page, [@aurorafoodpantry](#).

23

Plan a garden next year. Check out our helpful article on getting started.




Scan to read.

24

Read a bedtime story! The Good Garden is a great book to read with your children/students.

25



26


Read our article about the effects hunger causes in seniors and veterans.



Scan to read.

27


Call lawmakers & inform them of why it is important to feed the need.



Scan for a script.

28

Brown bag your lunch and donate what you would have spent going out to the Aurora Food Pantry.




29

Reduce food waste at home! Create a compost bin to help eliminate food waste and nourish the soil for future planting!

30

Watch a documentary! Check out our list of recommendations:



Scan to view.

