

# SEPTEMBER

IS HUNGER ACTION MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
					1 Join us for Hunger Action Month! Go like us on social media! 	2 Head over to Ted and Wally's and grab a quart of ice-cream. Proceeds go to Hunger Free Heartland this month!
3	4 Turn Pints to Gallons! Help make sure pantries have milk! Go to: <a href="http://Hungerfreeheartland.org/Pints">Hungerfreeheartland.org/Pints</a> to gallons And sign up! 	<b>TRY IT TUESDAY</b> Try putting water in your cereal at breakfast this morning. For many who are food insecure, milk is often a luxury and not a staple.	 Go Orange for Hunger to raise awareness!!!	7 Still bothered by your watery cereal from Tuesday? Consider being a part Pints to Gallons. 	8 Attend a local farmers market this weekend and learn about how SNAP & EBT can be used.	9 See if your faith organization has a food pantry for those in need. Offer to help with it.
10 Head over to Ted and Wally's and grab a quart of ice-cream. Proceeds go to Hunger Free Heartland this month!	11 Write a letter to the editor of your local newspaper, telling them how important it is we end hunger in Nebraska.	<b>TRY IT TUESDAY</b> Try a SNAP friendly meal by only spending \$4.00 on food that day. Check our Social Media for a recipe.	 Go Orange for Hunger to raise awareness!!!	<b>TUNE IN THURSDAY</b> Tune in to our facebook page and watch a video called "Story of Hungry". Share your reaction using #hungerfreeheartland	15 Try planning your weekend meals on \$4 a day per a person. Share your reactions #hungerfreeheartland 	16 Set an empty plate at your table to remember those without food.
17 Call your local food pantry and offer to volunteer	18 Call your school to find out if they offer breakfast. Share at #hungerfreeheartland 	<b>TRY IT TUESDAY</b> Try a SNAP friendly meal by only spending \$4.00 on food that day. Check our Social Media for a recipe.	 Go Orange for Hunger to raise awareness!!!	<b>TUNE IN THURSDAY</b> Tune in to our facebook page and watch a video called "Kids Respond to Child Hunger". Share your reaction using #hungerfreeheartland	22 Write an email or call your state senator, encouraging him/her to support efforts to end childhood hunger in Nebraska. 	23 Find out if you have a community garden near you. Share at #hungerfreeheartland 
24 How has hunger affected you? Share your thoughts #hungerfreeheartland 	25 Final push to turn Pints to Gallons! Help make sure pantries have milk! 	<b>TRY IT TUESDAY</b> Try a SNAP friendly meal by only spending \$4.00 on food that day. Check our Social Media for a recipe.	 Go Orange for Hunger to raise awareness!!!	<b>TUNE IN THURSDAY</b> Tune in to our facebook page and watch a video called "What does hunger feel like?". Share your reaction using #hungerfreeheartland	29 What have you learned this September about Hunger? Share at #hungerfreeheartland 	30 Come on out to Food Day at the old market! Share your photos #hungerfreeheartland 