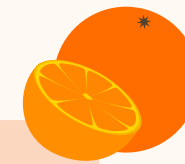


# HUNGER ACTION MONTH



September 2023



[www.targethunger.org](http://www.targethunger.org)  
@TargetHungerHouston



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Sat/Sun

**4**  
**Labor Day**  
Many lost their jobs due to the pandemic. Take a meal to someone you know who lost theirs, or donate a meal for someone in the community.

**5**  
**Awareness**  
Awareness is everything - share this calendar on social and let your friends know what you are committing to this month!

**6**  
**Monthly Giving**  
Reliable donations keep us going - commit to monthly donations for the next year and make a difference!

**7**  
**CANnecting is Caring**  
Gather your team and sign-up for a CANnecting drive with us - you can do in-person or virtual!

**8**  
**Amazon**  
Shop our Amazon Wishlist and have your donated items sent directly to us!

**9/10**  
**Gardening Day**  
Sign-up to volunteer for our Sunny Saturday gardening event and enjoy a morning outside!

**11**  
**9/11 Remembrance Day**  
Donate \$11 (or more!) in honor of our first responders, military personnel, and veterans.

**12**  
**Reading List**  
Find a book about hunger/hunger related issues, and read it! Our suggestions - *Nickel & Dimed* or *The American Way of Eating*.

**13**  
**Donate Your Lunch**  
Pack your lunch today and donate what you would have spent on your meal.

**14**  
**Movie Night**  
Watch *A Place at the Table* to learn more about hunger and food insecurity in America.

**15**  
**Monthly Giving**  
Reliable donations keep us going - commit to monthly donations for the next year and make a difference!

**16/17**  
**volunteering!**  
Talk to the kids in your life about hunger and how they can get involved. We'd love to have the whole family for **volunteering!**

**18**  
**Amazon Smile**  
Claim Target Hunger as your organization of choice for donations every time you shop!

**19**  
**Awareness**  
Post a selfie with an empty plate to raise awareness on food insecurity and tag us.

**20**  
**Saturday is Hunger Action Day** - sign-up to volunteer with us and make a difference! Also, wear orange this week!

**21**  
**CANnecting is Caring**  
Gather your friends & family and sign-up for a CANnecting drive with us - you can do in-person or virtual!

**22**  
**Write a Letter**  
Do your homework on a hunger or poverty related issue and write a local, state or federal legislator advocating on behalf of our hungry neighbors.

**23/24**  
**Hunger Action Day**  
Wear orange today and sign-up to volunteer with us.

**25**  
**Reduce Your Waste**  
Make a zero waste recipe for dinner tonight and learn about the impact of food waste on the environment.

**26**  
**Monthly Giving**  
Reliable donations keep us going - commit to monthly donations for the next year and make a difference!

**27**  
**Awareness**  
Use your social media and share a picture of how you have made a difference this month!

**28**  
**National Good Neighbor Day**  
Do something nice for your neighbor today.

**29**  
**National Coffee Day**  
Donate the cost of your morning coffee order!

**30**  
Use the weekend to reflect on what hunger means in our community and share your thoughts and tag us on social media.