

HUNGER

We can end hunger one helping at a time.

HUNGER ACTION MONTH™



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Post this calendar on your office fridge 	2 Make FASWVA your Kroger Community Rewards charity at Kroger.com. (#FM924) 	3 Request the food bank e-newsletter at FASWVA.org/email-list 	4 Write a hunger message on a paper plate to send to your local elected officials 	5 Organize a food or fund donation drive with your church	6 Organize a brown bag lunch with co-workers and donate your lunch money to the food bank 	7 Grab a friend and sign-up to volunteer together at faswva.org/volunteer
8 Make FASWVA your charity on AmazonSmile	9 Become a Supper Hero! Visit faswva.com/donate to set up your monthly gift. 	10 Organize a food drive at your office	11 Pick up some Peanut Butter @ Kroger to donate 	12 Hunger Action Day	13 Donate kid-friendly foods (like pop-top fruits and veggies) to support Backpack programs	14 Follow FASWVA on Instagram @faswva
15 Double Your Donation! Ask if your employer will match your gift to FASWVA	16 Tweet to raise awareness using #HungerActionMonth 	17 Grab some tuna at Kroger for a "Tuna Tuesday" food donation	18 View poverty statistics for your county at Map the Meal Gap <small>FeedingAmerica.org/MaptheGap</small>	19 Donate the cost of a cup of coffee to FASWVA 	20 Elected Officials Volunteer Day	21 Donate a Kroger gift card to the food bank
22 Create a Facebook fundraiser for FASWVA 	23 Add a box of cereal or pasta to your Kroger ClickList order and donate it to FASWVA 	24 Volunteer at a FASWVA partner program in your community: visit faswva.org to find one!	25 Write a letter to a newspaper editor about hunger	26 1 in 6 kids in our region faces hunger. Will YOU become a Supper Hero today? faswva.com/donate	27 Add some orange to your outfit for hunger awareness!	28 Like FASWVA on Facebook
29 Follow @FASWVA on Twitter 	30 Tour FASWVA! Call to schedule a tour	FASWVA Hunger Action Month Sponsor 	ZERO HUNGER ZERO WASTE 	Get more details on Hunger Action Month events by following us! feedingamericaswva @FASWVA FASWVA		

Salem Distribution Center
 1025 Electric Rd. | Salem, VA | 24153
 540.342.3011

Abingdon Distribution Center
 21452 Gravel Lake Rd. | Abingdon, VA | 24211
 276.628.9266

www.faswva.org