HUNGER ACTION MONTH CALENDAR

HUNGER ACTION MONTH™

SEPTEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	**1** Hold a Food & Fund Drive at your work, school, or in your faith community. Contact Regina at 918-585-2800.	**2** Copy the Food Bank's Facebook profile pic and make it your own. Challenge your friends to do the same. facebook.com/cfbeo	**3** Wear an orange ribbon to show your concern for the issue of hunger. Give an orange to your boss next week and tell them about hunger in OK.
4 Tell ten of your friends about hunger in OK and challenge them to do the same.	**5** Take a tour of the Food Bank with your family, co-workers, or friends. Contact Amy at 918-585-2800	**6** Buy cheese at LaDonna's Fancy Foods on Cherry Street in Tulsa and 5% of the sales goes to the Food Bank.	**7** Update your status on Facebook and Twitter with a statistic about hunger in OK.	**8** Read our blog as a Food Bank employee eats on the OK monthly food stamp allowance and blogs about it! cfbeo.org	**9** Donate loose change from your pocket this month to the Food Bank.	**10** Eat out during Restaurant Week 9/10-9/18 and 10% of the proceeds go to the Food Bank. For details see www.tulsapeople.com
11 Drive to End Hunger with AARP and the Tulsa Shock. Bring a food donation and get a free ticket to the game!	**12** Take the Food Stamp Challenge & try to spend only $5 on food for a day. That is the average SNAP, or food stamp, allotment in OK.	**13** Write to your elected officials about the issue of hunger in Oklahoma.	**14** "Like" the Huddle to Fight Hunger at facebook.com/KraftFightHunger and a meal will be donated to Feeding America.	**15** Skip your morning latte and donate the savings to the Food Bank where each dollar can provide 7 meals to hungry families in our community.	**16** Help fight hunger by signing up to volunteer at the Food Bank. Contact Phyllis at 918-585-2800	**17** Purchase MIO Paper Towels. Proceeds from these sales benefit Food for Kids and help fight childhood hunger in OK.
18 Keep it local by visiting the 211.org, enter your zip code & get a list of agencies that need volunteers.	**19** Eat at Panera Bread and donate food to the Food for Kids Program 9/19-9/25. cfbeo.org	**20** Schedule a speaker to attend your next meeting to discuss the Food Bank and hunger issues. Contact Phyllis at 918-585-2800	**21** Donate fresh produce to your local food pantry or the Food Bank.	**22** Feed a child for a year. Get 6 friends to donate $25 each to cover 1 child all year in the Food for Kids Backpack Program.	**23** Eat Hershey's Chocolate Bar Cheesecake at the Cheesecake Factory and $.25 goes to Feeding America and the Food Bank.	**24** Family Day at the Food Bank!!!!! Come have fun and volunteer with your family. Schedule a time to volunteer: Phyllis at 918-585-2800
25 Get inspired and see how celebrities have stepped up to the plate to fight hunger by visiting hungeractionmonth.org	**26** Text and Give! Text 'OK' to 27722 and your $10 donation goes to the Food Bank.	**27** Become a Harvester & have a monthly contribution deducted automatically from your credit or debit card. Contact Amy at 918-585-2800	**28** Subscribe to receive our monthly newsletter to stay involved. cfbeo.org	**29** Attend Recipe to End Hunger & the chef from Wolfgang Puck Bistro will prepare 3 course dinner and wine paring for $45. Reservations required.	**30** Continue to help the Food Bank year round. Watch for current events and ways you can help at: cfbeo.org	1

SEPTEMBER HOLIDAYS:
5 - Labor Day; **11** – Ten Year Anniversary of 9/11;
11 – Grandparents' Day; **23**- First Day of Autumn;
28 – Rosh Hashanah begins at sundown and goes through nightfall of September 30

Community Food Bank of Eastern Oklahoma

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