



ANNE ARUNDEL COUNTY  
FOOD BANK

# September is Hunger Action Month

*What will you do  
to help our neighbors?*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1 Did You Know?</b> At this time, 61,640 people in Anne Arundel County (10.5%) are food insecure, up from 47,260 (8.1%) last year.	<b>2 Labor Day</b> Donate the cost of a meal (\$4.45) to the Anne Arundel County Food Bank and help a child facing food insecurity.	<b>3 Volunteer</b> Sign-up with your friends or family for a volunteer day at the food bank this holiday season. <a href="http://aafoodbank.org/volunteer">aafoodbank.org/volunteer</a>	<b>4 Picture It</b> Take a selfie, share on social media to raise awareness about food insecurity, and hashtag: <b>#hungeractionAAco</b>	<b>5 Be a Buddy</b> Donate items for our Backpack Buddies program feeding kids over the weekends. <a href="http://aafoodbank.org/buddies">aafoodbank.org/buddies</a>	<b>6 Check It Out!</b> Visit our website to learn about our mission to end food insecurity in Anne Arundel County.	<b>7 Get Your Greens</b> Increase your food security and start thinking of planting cold-weather crops.
<b>8 Sign Up to Raise</b> Sign up to be a fundraiser and raise money throughout the month so AACFB can purchase healthy food for our food insecure neighbors.	<b>9 Did You Know?</b> The average cost of a meal in our county is \$4.45. A family of four spends more than \$50 a day for three meals (\$373.80 a week).	<b>10 Go Orange!</b> Today is Hunger Action Day! Wear orange and post photos on social media to show your support. <b>#hungeractionAAco</b>	<b>11 Serve</b> Remember 9/11 as a day of service. Call our office to schedule a group volunteer day. 410-923-4255	<b>12 Follow</b> Follow the food bank on Facebook, Instagram, and LinkedIn. Find us at <b>@aafoodbank</b>	<b>13 Go Casual</b> Organize a casual/jeans day with your employer. Participants donate to dress casually and funds are donated to AACFB.	<b>14 Wish</b> Donate a food or basic necessity item from our Amazon and Target wishlists. It will be delivered directly to our warehouse.
<b>15 Honor</b> Today is Grandparents Day. Make a donation in their honor or memory to the Food Bank.	<b>16 Share</b> Share this calendar on your church or work bulletin board and help us spread the word about food insecurity throughout the county.	<b>17 Get Social</b> Add a Facebook profile frame to show your support of Hunger Action Month. Follow AACFB on Facebook and Instagram.	<b>18 Drive</b> Have a food drive at your school, work, or faith community. Register at <a href="http://aafoodbank.org/host-a-food-drive">aafoodbank.org/host-a-food-drive</a>	<b>19 Did You Know?</b> Over the course of the last year, AACFB distributed 4,054,377 lbs. of food and basic necessities.	<b>20 Sign Up</b> AACFB is training volunteers today for our Mobile Pantry! Sign up at <a href="http://bit.ly/4dQXFRg">bit.ly/4dQXFRg</a>	<b>21 Advocate</b> Give hunger a voice. Register to vote and encourage your representatives to support legislation that combats food insecurity.
<b>22 Worship</b> Encourage your place of worship to incorporate information about food insecurity into one of their sermons.	<b>23 SNAP</b> Take the SNAP* Challenge. Can you meet your nutritional needs on \$5.92 a day? <small>*Supplemental Nutrition Assistance Program (formerly known as food stamps)</small>	<b>24 Did You Know?</b> One in eight Marylanders receives SNAP benefits. The average amount is \$180 a month for each person, which is just under \$6 a day.	<b>25 Cook</b> Cook a meal with your family and teach them healthy food matters for all of us, including our neighbors in need.	<b>26 Shop</b> Visit Himmel's Garden Center in Pasadena for music and activities! 10% of proceeds go to AACFB! <b>4734 Mountain Rd</b>	<b>27 Collect</b> Take a special collection today at your workplace for the AACFB.	<b>28 Explore</b> Visit AACFB's website and see where your nearest food pantry is located. <a href="http://aafoodbank.org/find-food">aafoodbank.org/find-food</a>
<b>29 Make Change</b> Start collecting your loose change. At the end of the month, donate those coins to AACFB.	<b>30 Invite</b> Invite an Anne Arundel County Food Bank representative to speak to your club, business, organization, or faith group.	<p><i>We're asking everyone in Anne Arundel County to take action against hunger in their community throughout the month. Use our handy calendar for steps, big and small, to help our neighbors and ease food insecurity in our county. <b>Every action makes a real difference.</b></i></p> <p><b>Visit our website for more ways to show your support. <a href="http://aafoodbank.org">aafoodbank.org</a></b></p>				