



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

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. **Every action makes a real difference.**

Visit our website for more ways to show your support.

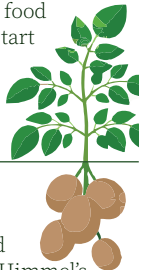
aafoodbank.org

1 Check It Out!

Visit our website to learn about our mission to end food insecurity in Anne Arundel County.

2 Get Your Greens

Increase your food security and start thinking of planting cold-weather crops.



3 Sign Up to Raise

Sign up to be a fundraiser and raise money throughout the month so AACFB can purchase healthy food for our food insecure neighbors.

4 Labor Day

Set an extra place at your table for the 1 in 3 children in our county that will face food insecurity today. Donate the cost of a meal.

5 Did You Know?

The average cost of a meal in our county is \$4.06. A family of four spends nearly \$50 a day for three meals (\$341 a week).

6 Share

Share this calendar on your church or work bulletin board and help us spread the word about food insecurity throughout the county.

7 Follow

Follow the food bank on Facebook, Instagram, and LinkedIn. Find us at [@aafoodbank](https://www.instagram.com/aafoodbank)

8 Go Casual

Organize a casual/jeans day with your employer. Participants donate to dress casual and funds are donated to AACFB.

9

At Homestead Gardens and Himmel's Garden Center, you can make a donation to AACFB at the register throughout September.

10 Honor

Today is Grandparents Day. Make a donation in their honor or memory to the food bank.

11 Serve

Remember 9/11 as a day of service. Call our office to schedule a group volunteer day. 410-923-4255

12 Get Social

Add a Facebook profile frame to show your support of Hunger Action Month.

13 Drive

Host a food drive at your school, work, or faith community. Register your food drive on the AACFB website or scan the code:



14

In FY2022, Anne Arundel County neighbors donated 1.8 million pounds of food to AACFB. The food went directly to our partners operating resource pantries across the county.

15 Go Orange!

Today is Hunger Action Day! Wear orange and post photos on social media to show your support. [#hungeractionAAco](https://www.instagram.com/hungeractionAAco)

16 Advocate

Give hunger a voice. Register to vote and encourage your representatives to support legislation that combats food insecurity.

17 Worship

Encourage your place of worship to include information about food insecurity into one of their sermons.

18 SNAP

Take the SNAP* Challenge. Can you meet your nutritional needs on \$5.92 a day?

*Supplemental Nutrition Assistance Program (formerly known as food stamps)

19

One in eight Marylanders receives SNAP benefits. The average amount of the benefit is \$180 a month for each household member, which is just under \$6 a day.

20 Picture It

Take a selfie, share on social media to raise awareness about food insecurity, and hashtag: [#hungeractionAAco](https://www.instagram.com/hungeractionAAco)

21 Wish

Donate a food or basic necessity item from our Amazon and Target wishlists. It will be delivered directly to our warehouse.

22 Collect

Take a special collection today at your workplace for the AACFB.

23 Cook

Cook a meal with your family and teach them healthy food matters for all of us, including those in need.

24 Make Change

Start collecting your loose change. At the end of the month, donate those coins to AACFB.

25 Invite

Invite an Anne Arundel County Food Bank representative to speak to your club, business, organization, or faith group.

26 Volunteer

Sign-up with your friends or family for a volunteer day at food bank this holiday season. aafoodbank.org/volunteer

27 Write

Reflect on Hunger Action Month and write a poem expressing your feelings. Share it with us on Facebook.

28 Experience

Join us for the virtual 30|30 Experience to better understand the day-to-day difficulties facing the working poor. aafoodbank.org/action

29 Be a Buddy

Donate items needed for our Backpack Buddies program feeding kids over the weekend and holidays. aafoodbank.org/buddies

30 Be Prepared

On National Preparedness Day, build two emergency food boxes in case of disaster: one for your family and one for family in need.