

HUNGER ACTION MONTH - 30 Ways in 30 Days with NJ Farmers Against Hunger

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 Post this on your fridge or desk. Share this calendar with at least 10 friends.	2 Shop Back to School through our website: www.njagsociety.org . 1-10% is donated back to NJ Ag Society!	3 Sign up on our website to receive email updates on gleaning days! www.njagsociety.org	4 Organize a brown bag lunch day at work and have your colleagues donate the proceeds to Farmers Against Hunger.	5 Friend and follow a picture of an orange for Awareness!
Day! in their list other click our	7 Share a Social Media status including: NJ Farmers Against Hunger.	8 Swap a take-out meal for a budget friendly meal. Donate the difference in cost!	9 Join us on Twitter: NJ_FAH	10 Read John Bloom's <u>American Wasteland</u> Chapter 2 on Farm Waste.	11 Eat a Rainbow! Challenge your family to eat a rainbow of fruits and vegetables with various colors for one week.	12 Drop time food drop a dollar just how n our day is thinking of
borhood k. l food ell as paper r photos.	14 Skip the coffee house this morning and donate what would have been spent to Farmers Against Hunger.	15 Share your personal story of hunger or helping those in need. Send to: njagsociety@gmail.com	16 Be proud of all you've done for others today.	17 Find a local food bank and serve a meal to those in need.	18 See if your employer will match donations to Farmers Against Hunger in honor of Hunger Awareness Month.	19 Soup Make a so NJ Fresh v research a kitchen's v opportunity
Farm* at o support t Hunger ulous	21 Sign up on our website to volunteer at a local gleaning. www.njagsociety.org	22 Visit one of our farms who support the program and thank the farmer for donating food. See our list on our website.	23 Encourage 5 people to receive email updates or join us on Facebook. It's the best way to know about gleanings!	24 Cook a meal with your children or friends and talk about the importance of fighting hunger.	25 After you glean, write a letter to the editor, tweet it, Instagram it, or post on it! Help us share our mission.	26 Play www.freerice.com to learn fun helping to need.
ity plate at and let it those hunger. <small>Visit www.congress.org for</small>	28 Write a letter to elected officials about hunger and the availability of fresh food	29 Become a member of the NJ Agricultural Society to do your part and stay informed year-round in the fight against hunger.	30 Blog/Tweet/Post what you are doing to fight hunger and tag NJ Farmers Against Hunger.			