

# September 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Take a photo and post on social media that you're participating in the #FFOhunger actionchallenge	2 Read or share a children's book about hunger like Maddi's Fridge	3 Follow Food for Others on Facebook, Instagram, Twitter, or LinkedIn	4 Sign up to run the Food for Others Tysons 5K	5 Plant an easy cool weather crop like spinach or lettuce to donate to needy families at FFO
6 Learn about hunger in our area from The Capital Area Food Bank's hunger report	7 SNAP challenge: try to buy 3 healthy meals with \$6 - 1 days' worth of SNAP	8 Take a virtual tour of the FFO warehouse	9 Sign up to volunteer in our warehouse	10 Check out the % of kids receiving Free and Reduced Meals at the schools in your neighborhood	11 Watch a documentary about hunger like "A Place at the Table"	12 Visit your local farmers market
13 Assemble and donate a Power Pack	14 Forgo the usual latte or lunch out, and donate what you would have spent to Food for Others	15 Tweet a virtual paper plate to your congress member, letting them know you care about ending hunger in your district	16 Add Evicted by Matthew Desmond to your book club's reading list	17 Cook and eat a vegetable you've never heard of before	18 Host a "drop and go" food drive in your neighborhood	19 Go apple gleaning
20 Learn more about the local food system & plan to attend a Fairfax Food Council Meeting	21 Send a food donation to FFO using our Amazon wish list	22 Educate yourself on the recently released "My Plate" guidelines	23 Share one of Food for Others' posts on Facebook or Instagram	24 Fight Food Waste by eating leftovers all day	25 Donate the cardboard boxes from your online shopping orders to FFO	26 Complete your 5K & post photos on social media with the hashtag #Foodforthers5K
27 Buy a meal at a locally-owned restaurant	28 Offer to pick up groceries for a neighbor who may not be able to	29 Listen to a podcast about hunger	30 Set up Food for Others as your designated charity on Amazon Smile	<h2>#FoodforOthersHungerActionChallenge</h2> <p><a href="http://www.foodforothers.org">www.foodforothers.org</a></p>		