

SEPTEMBER IS...

HUNGER ACTION MONTH



Easy ways you can **take action today** for a **hunger-free tomorrow!**

1 DONATE

Every \$1 = 24 meals!

Donations are matched (up to \$45,000) by Marathon in September!

2 GET SOCIAL

Follow the Food Bank [@foodbankccs](#) and share our posts about local hunger.

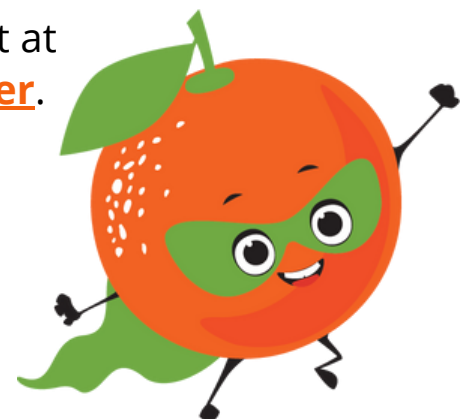
3 TURN ORANGE

Orange is the official color of hunger relief. Make a bold statement by wearing orange in September!

4 VOLUNTEER

Sign up for a volunteer shift at [foodbankccs.org/volunteer](https://www.foodbankccs.org/volunteer).

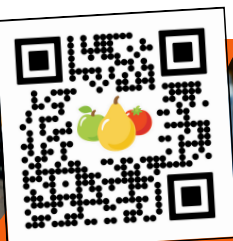
DONATIONS (UP TO \$45K!) MATCHED BY



[FOODBANKCCS.ORG/HAM](https://www.foodbankccs.org/HAM)

#HUNGERACTIONMONTH

@FOODBANKCCS



BUSINESSES, SCHOOLS & GROUPS JOIN HUNGER ACTION MONTH!



Your group will be **Hunger Action Heroes** by taking action today for a hunger-free tomorrow!

1 FOOD AND FUND DRIVE

Organize a food drive at your business, school or organization during September and start a virtual food drive.

2 CAUSE MARKETING

Sell something and provide all, or a portion, of the proceeds to the Food Bank of Contra Costa and Solano.

3 VOLUNTEER

Sign up for a volunteer shift with your group at foodbankccs.org/group. Take pictures and post on social media or send to hello@foodbankccs.org.

4 TURN ORANGE

Orange is the official color of hunger relief. Change colors on website or social media. Encourage employees to wear Orange on Fridays (and **Hunger Action Day, September 10**).

5 ENGAGE YOUR ORGANIZATION

Encourage donations by offering a match, bring your lunch to work or potluck day, donate to the Food Bank in lieu of eating out, or other office competitions.

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