

SEPTEMBER IS...  
**HUNGER ACTION  
MONTH**



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

**1 DONATE**

Every \$1 = 2 meals  
Help the Food Bank provide **2.7+**  
**million meals** each month.

**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)**.



**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

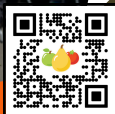
Sign up for a volunteer shift with your group at [foodbankccs.org/group](https://foodbankccs.org/group). Take pictures and post on social media or send to [hello@foodbankccs.org](mailto:hello@foodbankccs.org).

## 4 TURN ORANGE

**Orange** is the official color of hunger relief. Change colors on website or social media. Encourage members to wear Orange on Fridays.

## 5 ENGAGE

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.



[FOODBANKCCS.ORG/HAM](https://FOODBANKCCS.ORG/HAM)

#HUNGERACTIONMONTH

@FOODBANKCCS

