







Hunger Action Month   □   September 2015  
30 Ways in 30 Days to Help Solve Hunger

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <b>GardenShare</b> HEALTHY FOOD. HEALTHY FARMS. EVERYBODY EATS.		1 Announce Hunger Action Month by turning your Facebook page orange	2 Like <a href="#">GardenShare</a> on Facebook 	3 <b>Hunger Action Day—wear orange!</b>	4 Make a donation to your favorite hunger-fighting charity.	5 Check out <a href="#">Gloria's blog</a> on food, agriculture and hunger issues
6 Try the <a href="#">SNAP Challenge</a> and eat on only \$5 per day	7 Having a Labor Day cookout? Why not ask your guests to bring a donation?	8 Place an empty plate at the table to remind you of those at risk of hunger	9 Stop by the Dekalb Farmers Market and support your local farmers	10 Sign up for the Fight Hunger 5K to be held one month from today	11 Your voice matters. Register to vote today!  VOTE	12 Stop by the <a href="#">Potsdam Farmers Market</a> and support your local farmers
13 Grandparents Day! Send a donation to a hunger fighting charity in their honor	14 Stop by the Norwood Farmers Market and support your local farmers	15 Take part in <a href="#">Spoonstember!</a> 	16 Volunteer at your local free will dinner or food pantry	17 Stop by the Gouverneur Farmers Market and support your local farmers	18 Contact GardenShare to arrange a speaker for your club or organization	19 Follow <a href="#">GardenShare on Twitter</a>
20 September is also Fruits & Veggies month--fill half your plate with the good	21 Learn about hunger--schedule a Hunger 101 for your class or co-workers.	22 Stop by the <a href="#">Canton Farmers Market</a> and support your local farmers	23 Stop by the Hammond Farmers Market and support your local farmers	24 Stop by the Massena Farmers Market and support your local farmers	25 Follow <a href="#">Gardenshare on Instagram</a>	26 Attend the Local Living Festival in Canton
27 Check out <a href="#">volunteer opportunities</a> at GardenShare	28 "Just Eat It" Cinema 10 7:15 PM The Roxy 	29 Share your reactions to Just Eat It!	30 Plan a dress down day at work—collect donations for the privilege of dressing down.	<div> <b>Learn more about GardenShare's work to solve hunger in the North Country at <a href="http://www.gardenshare.org">www.gardenshare.org</a></b> </div> <div>  <b>HUNGER ACTION MONTH™</b> </div>		