Hunger Action Month – 30 Ways in 30 Days



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Sep	30 Facts about Hunger	Read all about it! Hunger Action Month book club			
Have you registered for the Fight Hunger 5K yet?	Labor Day Hosting a barbeque? Why not also make it a food or fund drive?	Watch the morning news on Channel 7 to hear about the Fight Hunger 5K 6-6:30 am	Tune into 95.3 The Wolf to hear about GardenShare from 8-8:30 am	7 Back to School – does your school have <u>a backpack</u> <u>program</u> ? How can you help?	Get involved! Learn about GardenShare's volunteer opportunities	End the Stigma! Has your family received SNAP or food stamps? Share your story.
SNAP Challenge Week. Can you eat on \$4.60 a day?	National Day of Service and Remembrance Spend part of the day volunteering	Tune into Mix 96.1 to hear about GardenShare from 8:30-9:00 am	Did you know? No Cash is No Problem at our Farmers Markets!	Hunger Action Day Show support by wearing Orange!	Need some inspiration? Check out these quotes!	Share your SNAP Challenge story with GardenShare and on social media!
Fight Hunger 5K 12:30 pm @ Canton Remington Recreational Trail	Buy something extra at the grocery store this week to donate to a food pantry	Volunteer at <u>a</u> <u>free community</u> <u>meal</u> near you!	Last week for the Hammond Farmers and Artisans Market 3pm-6pm	Fight hunger in your community by donating to GardenShare	Stay up to date! Follow GardenShare on FB, Instagram, and Twitter	Eating healthy on a budget Learn How!
Massena Farmers Market 10am-2pm	Bring a friend to the farmers market week!	26 Canton Farmers Market 9am- 2pm	27 Canton Library Children's Story Hour! 10:30am	28 Gouverneur Market 9am-2pm Massena Market 11am-6pm	29 Canton Farmers Market 9am- 2pm	Potsdam Farmers Market 9am-2pm

Check out these links or read more at www.gardenshare.org