





September

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“Healthy Food. Healthy Farms. Everybody Eats.”

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Check out 30 Facts about Hunger	2 Tune into Channel 7 news between 6:00 and 6:30 AM to see Gloria talking about the Fight Hunger 5K	3 Video Saturday Stick a Fork in Hunger
4 Have you signed up for the 5K yet?	5 Labor Day <i>Having a Labor Day cookout? Why not ask your guests to bring a donation?</i>	6 Assemblywoman Addie Russell will Volunteer at Church & Community Program 10-12	7 95.3 The Wolf Tune in to hear Gloria from 8-9am!	8 Hunger Action Day Wear Orange!	9 Get inspired! 30 Quotes about Hunger	10 Video Saturday You'd be surprised with who is on SNAP
11 Fight Hunger 5K <i>Registration starts 12:30 Remington Recreation Trail</i>	12 Paper Plate Project - write a message about hunger on a paper plate, take a photo and upload to Facebook	13 Nominate someone for GardenShare's "Growing Community Award"	14 Read all about it! Check our Book Club list	15 "Eating Healthy on a Budget" FREE online course you can take any time at your own schedule	16 Host a Local Food Potluck! Submit your best recipe to GardenShare's Facebook page	17 Video Saturday Feeding a Family on a Food Stamp Budget
18 "When my belly is full, I can _____"	19 Russell Supervisor Robert Best will Volunteer at Church & Community 12-3pm	20 De Kalb Supervisor John Frary will Volunteer at Church & Community 10-3pm	21 Follow Gardenshare on Facebook, Instagram, or Twitter	22 Check out Gloria's blog on food, agriculture and hunger issues	23 Contact GardenShare to arrange a speaker for your club or organization	24 Video Saturday Local Farmer, Daniel Martin, on Local Food
25 Hunger 101 @ UU Church Noon <i>Massena Farmers Market 10-2</i>	26 Bring a Friend to Market Week!	27 Check out volunteer opportunities at GardenShare	28 Using SNAP at the Farmers Market	29 Make a donation to your favorite hunger-fighting charity	30 Hunger 101 @ Clarkson 2:30pm <i>Canton Farmers Market 9-2</i>	 <i>Potsdam Farmers Market 9-2</i>

