



September 2023

Join the Movement to End Hunger!

GO ORANGE FOR 30 DAYS! #HUNGERACTIONMONTH2023

September is
Hunger Action Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 SHARE THIS CALENDAR September is Hunger Action Month, an annual nationwide awareness campaign designed to inspire everybody to take action in the movement to end hunger #HungerActionMonth	2 WHERE WE SERVE The Coastal Bend Food Bank serves 11 counties in the Coastal Bend. Nueces, San Patricio, Kleberg, Jim Wells, Bee, Duval, Brooks, McMullen, Live Oak, Aransas, and Kenedy
5 SAVE YOUR CHANGE  Save your spare change in a jar and Donate it at the end of the month.	4 DID YOU KNOW? In 2022 - 2023 Fiscal Year the Coastal Bend Food Bank provided 10,593,389 meals to neighbors in our 11-county service area	5 VOLUNTEER Sign up to volunteer at any of our mobile distributions in our 11-county service area coastalbendfoodbank.org/get-involved/give-time/	6 FUNDRAISE Engage your employer and coworkers in a workplace giving campaign to help feed children https://coastalbendfoodbank.org/get-involved/buildinghope/	7 OUR NEIGHBORS Meet Elodia and Junior Real stories of Hunger in our community Watch their story https://youtu.be/-T8bmzU9keE?si=rVeVVwnMcOh2JEsm	8 BECOME A HOPE BUILDER Join our Capital Campaign efforts to build a new Food Bank and help meet the increasing need in the Coastal Bend. https://coastalbendfoodbank.org/get-involved/buildinghope/	9 ORGANIZE Organize a community food drive and donate to Coastal Bend Food Bank https://coastalbendfoodbank.org/get-involved/give-food/
10 National Grandparents Day Make a donation to the Food Bank in honor of your grandparent https://rb.gy/dhx7x	11 TAKE ACTION Volunteer at CBF B Warehouse inspecting, sorting and packing food boxes. coastalbendfoodbank.org/get-involved/give-time/	12 GO ORANGE Light your home or office orange and encourage your communities to do the same. Share your photos on social media and tag @Coastalbendfoodbank. #HungerActionMonth	15 HEB HUNGER RELIEF  Visit your local HEB and give \$1, \$3, or \$5 to support HUNGER RELIEF in the Coastal Bend area	14 SNAP CHALLENGE Can you survive on \$9 a day? That is the maximum SNAP Benefit for an individual .	15 HUNGER ACTION DAY Wear ORANGE to raise awareness on behalf of all our neighbors facing hunger in the Coastal Bend. Snap a selfie with your ORANGE gear share and tag CBFB #hungeractionmonth	16 canstruction  Visit La Palmera Mall to see CANSTRUCTURES made entirely out of cans VOTE FOR YOUR FAVORITE
17    Like & Follow us on Social: @coastalbendfoodbank	18 MONDAY MATCH Give \$5 and challenge your friends or family to match your gift. Doubling your support to End Hunger \$5 provides 20 meals https://rb.gy/dhx7x	19 GIVE TIME Donate your time at Diabetes Mobile Distribution coastalbendfoodbank.org/get-involved/give-time/	20 RUN OR WALK TO END HUNGER Register to RUN/WALK 5K & support CBF B Kids Backpack Program or become a SPONSOR. https://rb.gy/efl65 	21 NUTRITION EDUCATION Did you know the Coastal Bend Food Bank offers Nutrition Education? Learn more at https://coastalbendfoodbank.org/nutrition-education-program/	22 HEALTHY COOKING Make it a family cooking night Prepare budget friendly recipes with your kids. Visit CBF B YouTube page for videos on healthy cook https://www.youtube.com/@Coastalbendfoodbank	25 SHARE YOUR STORY Do you have a story or photo you can share with us of your experience volunteering or visiting a distribution? Share it with us via social media and tag us @coastalbendfoodbank #hungeractionmonth
24 TAKE ACTION Start a compost pile to help reduce food waste 	25 FOOD FOR FINES Clear overdue library fines by donating non-perishable food benefiting CBF B at all Corpus Christi Public Libraries. No fine? Donations are still welcomed. #HungerActionMonth	26 TWO FOR TUESDAY Sign up to Volunteer with your BFF for 2 hours at a mobile distribution or CBF B Warehouse coastalbendfoodbank.org/get-involved/give-time/	27 SOCIAL SERVICES CBF B provides assistance in applying for benefits like SNAP & MEDICAID visit our page to learn more https://coastalbendfoodbank.org/get-help/social-services-programs/	28 FRESH PRODUCE CBF B distributed over 4.5 million pounds of fresh produce to neighbors in the Coastal Bend in our fiscal year of 2022- 2023 	29 NATIONAL COFFEE DAY Skip the cup of joe and give what you would have spent for coffee \$1 provides 4 meals https://rb.gy/dhx7x 	30 FOOD BANK HERO Consider becoming a monthly or legacy donor to help fight hunger year round Every \$1 provides 4 meals https://rb.gy/dhx7x