

HUNGER ACTION MONTH



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>In 2008, Feeding America began Hunger Action Month (HAM) to start a nationwide push to get citizens involved with the hunger crisis throughout the country.</p>		<p>Educate yourself about HAM & send calendar to family and friends</p>	<p>Collect spare change for the month, then donate it to OLQP Food pantry</p>	<p>Wear a color that reminds you of your favorite fruit or vegetable</p>	<p>Organize an employee food drive</p> 	<p>Take a nature walk and enjoy the beauty of God</p>
5	6	7	8	9	10	11
<p>Commit to one activity that helps Mother Earth & those that are hungry</p>	<p>Enjoy Labor Day Place an empty plate on your table</p>	<p>Add hungry people to your daily prayers</p> 	<p>Discuss Just a Thought with your family or friends. Hear the connections</p>	<p>For inspiration, check out the most needed items at food Pantry and donate them</p>	<p>Instead of going out to dinner, eat at home & donate the money to our pantry</p>	<p>OLQP Drive Thru Food Drive Help End Hunger in our neighborhood</p>
12	13	14	15	16	17	18
<p>OLQP Drive Thru Food Drive. Drop off your donations</p>	<p>Enjoy a Meatless Monday—have a Vegetable packed dinner</p>	<p>Haven't started yet? You still have time to join in and help stamp out hunger</p>	<p>Discuss Just a Thought with your family or friends. Feel the connections</p>	<p>Learn about Fair Trade products at SERRV.org</p>	<p>Watch movie "The Water Crisis" on YouTube</p>	<p>Go out and Glean as a family or donate fruit and vegetables</p>
19	20	21	22	23	24	25
<p>Learn about the Zero Hunger Challenge</p>	<p>Clean out your pantry & make donations to the OLQP pantry</p>	<p>Did some of the HAM activities, take a picture</p>	<p>Discuss Table Talk with your family or friends. Taste the connections</p>	<p>Add hungry people to your daily prayers</p>	<p>Go on a walk and do some animal spotting. Cats/ dogs count!</p>	<p>Volunteer at our garden and help grow food for the pantry</p>
26	27	28	29	30		
<p>Compile your photos and share with us at office@olqpva.org</p>	<p>Bring lunch from home this week and donate the savings</p>	<p>Use Fair Trade products readily available in most markets</p>	<p>Remember, hunger does not end with the month</p>		<p>Millions of families are facing hunger—many for the first time due to the coronavirus pandemic. Help us diminish or eradicate food insecurity in Virginia.</p>	