

HUNGER ACTION MONTH

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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.

Educate yourself about HAM & send calendar to family and friends

Collect spare change for the month, then donate it to OLQP Food pantry

Wear a color that reminds you of your favorite fruit or vegetable

Organize an employee food drive

Take a nature walk and enjoy the beauty of God

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Commit to one activity that helps Mother Earth & those that are hungry

Enjoy Labor Day Place an empty plate on your table

Add hungry people to your daily prayers

Discuss Just a Thought with your family or friends. Hear the connections

For inspiration, check out the most needed items at food Pantry and donate them

Instead of going out to dinner, eat at home & donate the money to our pantry

OLQP Drive Thru Food Drive Help End Hunger in our neighborhood

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OLQP Drive Thru Food Drive. Drop off your donations

Enjoy a Meatless Monday—have a Vegetable packed dinner

Haven't started yet? You still have time to join in and help stamp out hunger

Discuss Just a Thought with your family or friends. Feel the connections

Learn about Fair Trade products at SERRV.org

Watch movie "The Water Crisis" on YouTube

Go out and Glean as a family or donate fruit and vegetables

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Learn about the Zero Hunger Challenge

Clean out your pantry & make donations to the OLQP pantry

Did some of the HAM activities, take a picture

Discuss Table Talk with your family or friends. Taste the connections

Add hungry people to your daily prayers

Go on a walk and do some animal spotting. Cats/dogs count!

Volunteer at our garden and help grow food for the pantry

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Compile your photos and share with us at office@olqpva.org

Bring lunch from home this week and donate the savings

Use Fair Trade products readily available in most markets

Remember, hunger does not end with the month

FEEDING AMERICA

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.