

September is Hunger Action Month! Together, we can #FeedTheChange

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

What YOU can do this
#HungerActionMonth:

 Educate
 Volunteer

 Advocate
 Donate

1

Set up a jar to collect your spare change to donate at the end of the month!

2

Talk to your family/friends about hunger this long weekend

3

Share your story of hunger with us: email foodbank@ottawafoodbank.ca

4

Are you a teacher? Check out Food Banks Canada's "Impossible Choices" lesson plan

5

Read the 2017 Ottawa Food Bank Hunger Report to learn about hunger in Ottawa

6

Like us on Facebook! [Facebook.com/OttawaFoodBank](https://www.facebook.com/OttawaFoodBank)

7

Share our infographics about hunger and poverty on social media

8

Follow us on Twitter! [@OttawaFoodBank](https://twitter.com/OttawaFoodBank)

9

Research your local candidates for the municipal election on October 22

10

Contact your MPP about how hunger & affordable housing need to be a priority

11

Find out if there are any town halls or local events for the municipal elections

12

Tweet or post on Facebook to let others know you support the fight against hunger

13

Call your MPP & ask that they act on improving social assistance

14

Let your MP know that the National Poverty Reduction Strategy is a priority for you

15

Follow your political representatives on social media

16

Plan a fresh food drive for Hunger Action Month!

17

Inquire about volunteering at the Ottawa Food Bank

18

Sign up your workplace for a group food sort

19

DADS FOR DIAPERS EVENT @ MeNa
(details: ottawafoodbank.ca)

20

Read our Volunteer Impact Report to see how important our Volunteers are to us!

21

Head to ottawafoodbank.ca for volunteer opportunities

22

Spread the word about the Thanks for Giving Food Drive next month

23

Give thanks early and donate to help a family in need have a great Thanksgiving

24

Ask to set up a workplace matching or employee giving program

25

Donate online! Every \$1 donated turns into \$5 worth of food!

26

Call the Ottawa Food Bank and find out what our most-needed items are – then donate it!

27

Toiletries Thursday: Donate shampoo, toilet paper, soap & toothpaste

28

Set up a monthly gift at ottawafoodbank.ca/donate

29

Tell your friends why donating to the Ottawa Food Bank is important to you

30

Donate that jar you set up on the 1st!
THANK YOU



Ottawa Food Bank