

TAKE ACTION

Together we can solve hunger.
 30 ways in 30 days to get involved.

Sunday Monday Tuesday

Wednesday Thursday Friday Saturday

For more information on all these events, visit:
www.harvesters.org/September



3 Empty Plates

This month, take a selfie with an empty plate and post what you can do to fight hunger.



4 Go Orange

Donate orange canned items this month: carrots, peaches, mandarin oranges and sweet potatoes.



5 Fill the Fridge

Donate perishable food items at select Price Chopper stores through Saturday.



6 Give Voice

Tell others about hunger. Get informed with Harvesters' advocacy alert emails.



7 Support BackSnack

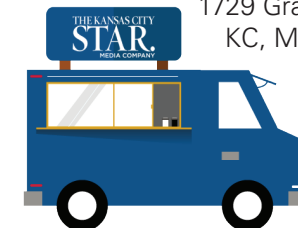
Donate \$250 and provide a backpack of healthy food to a child for the entire school year.



1 Food Truck Friday

KC Star parking lot

Bring a canned food or cash donation for Harvesters.
 1729 Grand Blvd.
 KC, MO 64108



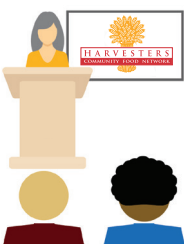
2 Renaissance Festival Food Drive

Bring 5 cans of food for Harvesters and get 2-for-1 tickets through Monday!



10 Learn About Hunger

Invite a Harvesters' speaker to your church or community group.



11 9/11 Day of Service at Harvesters

Register early to volunteer in either Kansas City or Topeka.



12 Give Money

Make a gift to feed the hungry. \$1 = 3 meals.



13 Hold a Food Drive

Collect food donations from neighbors, co-workers or friends. Challenge others to do the same.



14 Hunger Action Day

Wear ORANGE to show support for hunger relief efforts. Post pics using #HungerActionDay.



15 Buy Fed Up Fest Tickets

Harvesters' 3rd annual live music festival is Oct. 14 at CrossroadsKC.



16 Farm to Table

Buy fresh produce at the City Market and Brookside Farmers Market and donate it to Harvesters.



17 Find Out More

Take your volunteering at Harvesters to the next level. Check out becoming a Harvesters Ambassador.



18 Celebrate Your Birthday

Hold your party at Harvesters! Party-goers donate food and volunteer. We provide the cake!



19 Stay Informed

Follow Harvesters on Facebook, Twitter, Instagram or LinkedIn.



20 Lunch Challenge

Join your co-workers in taking Harvesters' Lunch Challenge.



21 Set an Empty Plate

Place an empty plate at your table as a reminder to you and your family of those who are at risk of hunger.



22 Feed Others

Donate to the Hunger Action Month Virtual Food Drive. Every dollar provides 3 meals.



23 Leave a Legacy

Join the Seeds of Harvest Society by including Harvesters in your will.



24 Recipes for Hope

Get a jump on the holidays! Order your Recipes for Hope tribute cards.



25 Give Lunch

Sign up your workplace to donate food and pack lunches for those in need.



26 Family Volunteer Night - Topeka

5:30-7:30 p.m.



27 Educate Others

Share a hunger fact on your social channels. Get ideas under "Learn" on our website.



28 Family Volunteer Night - Kansas City

5:30-8 p.m.



29 Stay Involved!

Harvesters feeds 141,500 people a month. Together we can solve hunger!



30 Topeka Construction West Ridge Mall

See amazing structures built from cans of food through Oct. 26.

