

# 30 WAYS in 30 DAYS

## SEPTEMBER is Hunger Action Month

There's something everyone can do to help feed a hungry neighbor this month. Visit [www.eifoodbank.org](http://www.eifoodbank.org) or call us at 217-328-3663 to learn more.



**SUN**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**



**Eastern Illinois  
Foodbank**

2405 North Shore Drive, Urbana  
(217) 328-3663 | [www.eifoodbank.org](http://www.eifoodbank.org)

### Register for Operation Orange!

Be a part of EIF's 12-hr food repack on 9/22! Volunteers will repack bulk food product into family friendly sized boxes. Register for a 2-hr shift at [www.eifoodbank.org/HAM](http://www.eifoodbank.org/HAM)

**1**

Share this calendar with your friends & family. Ask them to help fight local hunger too!

**2**

**"LIKE" US**



[facebook.com/eifoodbank](https://facebook.com/eifoodbank)

**3**

Make a financial contribution to EIF. Every dollar donated is equal to 5 meals. Spread the word!

**4**

Set an empty plate at your Labor Day cookout as a reminder of those who are hungry.

**5**

*Deliver Food.  
Deliver Hope.*

Help feed veterans & their families. Visit our website to sign-up to volunteer for the Pop-Up Food Pantry on 9/12.

**6**

**Volunteers = 4.5 FTE for EIF!**

Alleviate hunger in our community by registering as an EIF volunteer online at, [www.eifoodbank.org](http://www.eifoodbank.org)

**7**

**National GO ORANGE DAY!**

Wear orange today & tag your photo on social media!

**@eifoodbank**

**#HungerActionMonth**

**8**

Change your Facebook cover photo to match EIF's in support of hunger awareness.

**9**

Become a hunger champion by joining Hundreds Against Hunger. Contact EIF for details.

**10**

Today is **Grandparents Day!** Make a donation to the Foodbank in their honor.

**11**

**Follow us**



[twitter.com/eifoodbank](https://twitter.com/eifoodbank)

**12**

Listen to WDWS 1400AM for HAM updates, EIF agency spotlights and more!

**13**

**HICKORY POINT BANK**

in downtown Champaign is collecting donations for EIF from 7am-5pm.

**Stop by today!**

**14**

Will your employer match employee donations to EIF for HAM? Ask your finance dept. to double your gift!

**15**

Volunteer at a local food pantry or soup kitchen. Visit our website for a list of agencies.

**16**

View local hunger statistics for your county at

[map.  
feedingamerica.org](http://map.feedingamerica.org)

**17**

Purchase a "Hunger" bag during the month of September from **Schnucks** in Savoy & \$1 will be donated to EIF.

**18**

Make coffee at home & pack a brown bag lunch. Donate what you would have spent. Try it for today or a week!

**19**

**amazon smile**

will donate 0.5% of your eligible purchases every time you shop. Designate EIF as your charity!

**20**

Hunger & health are connected. Learn how EIF's work is expanding into hospitals & health facilities at...

[eifoodbank.org/impact/programs.html](http://eifoodbank.org/impact/programs.html)

**21**



Get a behind the scenes look at EIF.

Follow us on Instagram at **e.i.foodbank**

**22**

**OPERATION ORANGE**

If you registered for Operation Orange don't forget to report for duty!

**23**

Host a get together & ask guests to bring a donation for EIF. Share what you've learned this month!

**24**

**SNAP  
HUNGER  
CHALLENGE**

**Starts today!**

**25**

**26**

**27**

**28**

**29**

**30**

Can you make it on a food stamp budget of \$4.23/day for 1 week? Visit [www.eifoodbank.org/HAM](http://www.eifoodbank.org/HAM) for info on how the challenge works, what items may be purchased & how to share your experience with EIF.