

# SEPTEMBER 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>#FoodforOthersHungerActionChallenge</b></p> <p><a href="http://www.foodforothers.org">www.foodforothers.org</a></p>			1 Take a photo and post on social media that you're participating in the #FFOhunger actionchallenge	2 Learn about hunger in our area from The Capital Area Food Bank's hunger report	3 Sign up to run the Food for Others Tysons 5K	4 Follow Food for Others on Facebook, Instagram, Twitter, or LinkedIn
5 Check out the % of kids receiving Free and Reduced Meals at the schools in your neighborhood	6 Send food to FFO using our Amazon wish list or YouGive Goods	7 Listen to a podcast about hunger like Population Healthy's Food Insecurity Episode	8 Cook and eat a vegetable you've never heard of before	9 Educate yourself about historically disadvantaged farmers	10 Share one of Food for Others' posts on Facebook or Instagram	11 Watch a documentary about hunger like "A Place at the Table"
12 Complete your 5K & post photos on social media with the hashtag #Foodforothers5K	13 Buy a meal at a locally-owned restaurant	14 Learn about the World Health Organization's Three Pillars of Food Security	15 SNAP challenge: try to buy 3 healthy meals with \$6 - 1 days' worth of SNAP	16 Sign up to volunteer in our warehouse	17 Fight Food Waste by eating leftovers all day	18 Forgo the usual latte or lunch out, and donate what you would have spent to Food for Others
19 Go apple gleaning	20 Learn more about the local food system & plan to attend a Fairfax Food Council Meeting	21 Tell a friend about Food for Others and see if they'll help	22 Try out the Play Spent hunger simulation	23 Buy something for yourself or a loved one at our online and Mosaic fundraiser at Kendra Scott	24 Give composting a try	25 Visit your local farmers market
26 Ask your favorite grocery store what they do with unsold food	27 Assemble and donate a Power Pack	28 Set up Food for Others as your designated charity on Amazon Smile	29 Learn about how 4P Foods works with local farmers	30 Host a "drop and go" food drive in your neighborhood	1	2