



September 2016

# HUNGER ACTION MONTH

30 Ways in 30 Days: Every day during Hunger Action Month, you can participate and help end hunger!

Sunday    Monday    Tuesday    Wednesday    Thursday    Friday    Saturday

<p><b>MANNA's Mission Statement:</b> To involve, educate, and unite people in the work of ending hunger in WNC.</p>		<p><b>MANNA FoodBank</b> www.mannafoodbank.org 627 Swannanoa River Rd. Asheville, NC 28805 (828) 299-FOOD (3663)</p>		<p><b>Text MANNA to 41444</b> &amp; make a donation from your smartphone - every \$1 given provides 3 meals!</p>	<p>Can you spot MANNA on the move? Take a pic of a MANNA truck and tag us on social media!</p>	<p><b>Visit</b> the N. Avl Farmers Market and support our local growers!</p>
<p>Have a <b>Food Drive</b> <b>cookout!</b> Invite friends and family to bring food donations</p>	<p><b>LABOR DAY</b> Take a moment to think about the people in WNC in need of food</p>	<p><b>Follow</b> @manna_foodbank on Instagram! Purchase tickets to Empty Bowls!</p>	<p><b>Volunteer</b> at a local food pantry! Get your cans for Ingles Day at Mtn State Fair!</p>	<p><b>Hunger Action Day! Wear Orange!</b> United Way of Haywood's Day of Caring at MANNA! Attend the Gov.'s Western Residence lighting</p>	<p><b>Start a compost pile</b> to reduce the amount of food waste that goes to the landfill</p>	<p><b>Attend</b> the Annual Pie Party at AVL Rec. Park on Gashes Creek Rd. @ 4PM!</p>
<p>Call MANNA to schedule an <b>Ambassador</b> to speak at your church</p>	<p><b>Sign up</b> for MANNA's email newsletter</p>	<p><b>Take a tour</b> of MANNA's recently updated facilities. Call (828) 299-3663 to schedule.</p>	<p><b>INGLES DAY at the Mountain State Fair! Bring 5 cans of Laura Lynn food for free entry.</b></p>	<p><b>Take the FNS Challenge:</b> Can you eat on \$4 a day?</p>	<p>Learn about hunger in WNC: <b>1 in 4 kids</b> experience hunger in our area.</p>	<p><b>Attend the 34th Annual Hunger Walk in Henderson County!</b></p>
<p><b>Follow</b> @MANNAFoodBank on Twitter!</p>	<p>Have lunch at The Cantina in Biltmore and <b>donate your sides</b> to MANNA</p>	<p>Organize a <b>Tuna Tuesday food drive</b> at your office or school!</p>	<p><b>Brown bag your lunch</b> and donate what you would spend on lunch to MANNA</p>	<p>Sign up to <b>volunteer at MANNA!</b> Visit our website: <a href="http://MANNAFoodBank.org">MANNAFoodBank.org</a></p>	<p><b>Movie Night!</b> Watch the film, "A Place at the Table" on Hulu to learn about food insecurity</p>	<p>Sign up to volunteer at MANNA's holiday gift wrap table at the AVL Mall!</p>
<p><b>Clean out your pantry</b> and make a donation to MANNA</p>	<p><b>Attend the 15th Annual Empty Bowls Lunch or Dinner!</b></p>	<p><b>Text MANNA to 41444</b> &amp; make a donation from your smartphone - every \$1 given provides 3 meals!</p>	<p><b>Drive Away Hunger event in Sylva! Take a test drive, raise \$ for hunger relief!</b></p>	<p><b>Food Lion Pantry Makeover @ United Christian Ministries in Jackson County</b> <b>Hunger Action Month Wrap Party @ Highland Brewing!</b></p>	<p>United Way of Henderson County <b>Day of Caring</b> at MANNA</p>	<p><b>HUNGER ACTION MONTH</b></p>