



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