



September 2017

HUNGER ACTION MONTH

30 Ways in 30 Days: Every day during Hunger Action Month, you can take action to help end hunger!

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

MANNA's Mission Statement: To involve, educate, and unite people in the work of ending hunger in WNC.				Aug. 31: Join us at Hi-Wire Brewing in downtown AVL for Hunger Action Month Kickoff! 15% of proceeds donated to MANNA!	Can you spot 1 MANNA on the move? Take a pic of a MANNA truck and tag us on social media!	2 Visit the N. Avl Farmers Market and support our local growers!
3 Have a Food Drive cookout! Invite friends & family to bring food to donate to MANNA.	4 LABOR DAY Take a moment to think about the people in WNC in need of food.	5 Follow @manna_foodbank on Instagram! Purchase tickets to Empty Bowls! mannaevents.org	6 Volunteer at a local food pantry! Get your cans for Ingles Day at Mtn State Fair!	7 United Way of Haywood's Day of Caring at Haywood Vocational Opportunities	8 Start a compost pile to reduce the amount of food waste that goes to the landfill.	9 Enjoy a Hi-Wire beer at The Cantina in Biltmore Village + help raise \$ for MANNA!
10 Schedule a MANNA ambassador to speak to your congregation.	11 Sign up for MANNA's monthly email newsletter, Fresh News.	12 Take a tour of MANNA's renovated facilities. Call (828) 299-3663 to schedule.	13 INGLES DAY at the Mountain State Fair! Bring 5 cans of Laura Lynn food for free entry.	14 Hunger Action Day! Wear orange & tell people why.	15 Learn about hunger in WNC: 1 in 4 kids experience hunger in our area.	16 Attend the 35th Annual Hunger Walk in Henderson County!
17 Follow @MANNAFoodBank on Twitter!	18 Have lunch at The Cantina in Biltmore and donate your sides to MANNA.	19 Organize a Tuna Tuesday food drive at your office or school!	20 Attend MANNA's Lunch & Learn about child hunger in WNC. 12-1 PM	21 Contact your local school and offer to pay off a student's lunch fees.	22 Movie Night! Watch the film, "A Place at the Table" to learn more about food insecurity.	23 NC's 1st Produce Pod: Ribbon Cutting Ceremony w/ NC's First Lady. Waynesville 10:30am
24 Clean out your pantry and make a donation to MANNA.	25 Attend the 16th Annual Empty Bowls Lunch or Dinner!	26 Brown bag your lunch and donate what you would spend on lunch to MANNA.	27 Take a tour of MANNA's renovated facilities! Call (828) 299-3663 to schedule.	28 MANNA hosts PINCHED: Poverty Simulation for NC Public Health Assn. Drive Away Hunger event in Sylva!	29 Text MANNA to 41444 to make a donation from a smartphone. Every \$1 provides 3.5 meals!	30 Take the FNS (food stamp) Challenge: Can you eat on \$4 a day?