



September 2018

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
Clean out your pantry and make a donation to MANNA. 2	LABOR DAY 3 Take a moment to think about the people in WNC in need of food.	Learn more 4 about hunger in WNC by reading the Hunger 101 section on MANNA's website	'LIKE' MANNA 5 FoodBank's Facebook page and invite your friends to like it, too!	Farm to Village 6 Dinner to benefit MANNA! Boston Way, Biltmore Village, 6pm	Can you spot MANNA on the move? 7 Take a pic of a MANNA truck and tag us on social media!	Visit the N. Avl Farmers Market and support our local growers! 8
Have a Food Drive cookout! Invite friends & family to bring food to donate to MANNA. 9	Volunteer at 10 a local food pantry! Get your cans for Ingles Day at Mtn State Fair!	Follow 11 @manna_foodbank on Instagram! Purchase tickets to Empty Bowls! mannaevents.org	INGLES DAY 12 at the Mountain State Fair! Donate 5 cans of Laura Lynn food for free entry.	Hunger 13 Action Day! Wear orange & tell people why.	Start a compost pile to reduce the amount of food waste that goes to the landfill. 14	Ride the bus today: Navigate your day using only public transportation. 15
Grapes, Grain, and Graham: A Benefit dinner for MANNA at Highland Brewing! 5pm 16	Take the FNS (food stamp) Challenge: Can you eat on \$4 a day? 17	Take a tour of MANNA's renovated facilities. Call (828) 299-3663 to schedule. 18	Have lunch at The Cantina in Biltmore and donate your sides to MANNA. 19	Pint Night at Highland Brewing 4pm! Every beer poured supports MANNA! 20	MANNA hosts PINCHED: Poverty Simulation for Leadership AVL. 21	Preserve Communities Grand Prix Calcutta in Madison Co. to benefit MANNA 22
Learn about hunger in WNC: 1 in 4 kids experience hunger in our area. 23	Attend the 17th Annual Empty Bowls Lunch or Dinner! 24	Organize a Tuna Tuesday food drive at your office or school! 25	Sylva: The Community Table Blue Plate Special Lunch fundraiser 11am-2pm 26	Hunger Coalition of Transylvania Co. Food Delivery & Distribution Day! 27	Contact your local school and offer to pay off a student's lunch fees. 28	Whee Run Over Hunger 5K to benefit MANNA and Community Table in Sylva! 29
Asheville/Buncombe CROP Hunger Walk 30	Orange is the color of hunger awareness. Wear orange during the month of September to help raise awareness for the 1 in 6 people and 1 in 4 children facing hunger here in WNC.				MANNA's Mission Statement: Involving, educating, and uniting people in the work of ending hunger in WNC.	