



September 2019

# 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
<p>Learn more about hunger in WNC: Sign up for a MANNA volunteer orientation <b>1</b></p>	<p><b>LABOR DAY 2</b> Dinner Benefit! Eat at Copper Crown in E. Avl today to help benefit MANNA</p>	<p><b>3</b> Join our Advocacy Action email list: <a href="http://mannafoodbank.org/advocate">mannafoodbank.org/advocate</a></p>	<p><b>'LIKE' MANNA 4</b> FoodBank's Facebook page and invite your friends to like it, too!</p>	<p><b>Farm to Village 5</b> Dinner to benefit MANNA! 6pm Rezaz Pan Mediterranean, Biltmore Village</p>	<p><b>6</b> Can you spot MANNA on the move? Take a pic of a MANNA truck and tag us on social media!</p>	<p><b>7</b> Visit the N. Avl Farmers Market and support our local growers!</p>
<p>Have a Food Drive cookout! Invite friends &amp; family to bring food to donate to MANNA. <b>8</b></p>	<p><b>9</b> Movie Guys benefit at Fine Arts Theatre 7pm Get your cans for Ingles Day at Mtn State Fair!</p>	<p><b>10</b> Follow @manna_foodbank on Instagram! Purchase tickets to Empty Bowls! <a href="http://mannaevents.org">mannaevents.org</a></p>	<p><b>11</b> INGLES DAY at the Mountain State Fair! Donate 5 cans of Laura Lynn food for free entry.</p>	<p><b>Hunger 12</b> Action Day! Wear orange to raise awareness. CHOW CHOW FESTIVAL</p>	<p><b>13</b> Start a compost pile to reduce the amount of food CHOW CHOW FESTIVAL</p>	<p><b>14</b> Ride the bus today: Navigate your day using only public transportation. CHOW CHOW FESTIVAL</p>
<p>Attend Chow Chow's main event, Pickled in the Park! <b>15</b> CHOW CHOW FESTIVAL</p>	<p><b>16</b> Take the FNS (food stamp) Challenge: Can you eat on \$4/day?</p>	<p><b>17</b> Take a tour of MANNA! Call (828) 299-3663 to schedule.</p>	<p><b>18</b> Pint Night at Highland Brewing 4pm! Every beer poured supports MANNA!</p>	<p><b>19</b> Have lunch at The Cantina in Biltmore Village &amp; donate your sides to MANNA.</p>	<p><b>20</b> MANNA hosts PINCHED: Poverty Simulation for Leadership AVL</p>	<p><b>21</b> Donate to MANNA! \$1 helps provide 3.5 meals!</p>
<b>10 MILLION MEAL CHALLENGE: ROTARIANS COMPETE TO RAISE FOOD &amp; FUNDS</b>						
<p>Learn about hunger in WNC: 1 in 4 kids face an empty plate right now. <b>22</b></p>	<p><b>23</b> Attend the 18th Annual Empty Bowls Lunch or Dinner!</p>	<p><b>24</b> Food Lion Feeds: Pantry Restocking Events in Marion and Waynesville</p>	<p><b>25</b> Have lunch at Blackbird Restaurant in downtown AVL!</p>	<p><b>26</b> Carolina Public Press Hunger Forum &amp; Resource Fair, Burnsville, NC</p>	<p><b>27</b> Contact your local school &amp; offer to pay a student's lunch debt.</p>	<p><b>28</b> Buy a beer at French Broad River Brewery, where all sales this year benefit MANNA.</p>
<b>ROTARIAN'S 10 MILLION MEAL CHALLENGE</b>						
<p>CROP Hunger Walk 50<sup>th</sup> Anniversary <b>29</b></p>	<p><b>30</b> Poor People's Campaign Town Hall, 7pm at Land of the Sky United Church, 15 Overbrook Pl.</p>	<p><b>Orange is the color of hunger awareness.</b> Wear orange during the month of September to help raise awareness for the <b>1 in 6 people and 1 in 4 children</b> facing hunger here in WNC.</p> <p><b>MANNA's Mission:</b> Involving, educating, and uniting people in the work of ending hunger in WNC.</p>				