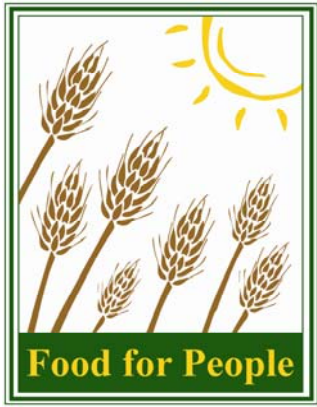


HUNGER ACTION MONTH™



Food for People
 The Food Bank for Humboldt County
 307 W. 14th Street
 Eureka, CA 95501
 (707) 445-3166
 www.foodforpeople.org



Congressman Jarred Huffman

SEPTEMBER 2015

#HungerHurts
 #HungerHeroes
 #HungerAction
 #HungerActionHumboldt

	Mon	Tue	Wed	Thu	Fri	Sat	
<p>Our sustaining members keep the food bank going. We invite you to become a Full Plate Partner. Click here for information. Every contribution has an impact!</p> 		<p>1 Like Food for People on </p>	<p>2 Go to Mad River Brewery in Blue Lake at 6:30 PM for Pints for Non-Profits and listen to the music of Kingfoot. \$1 of every pint sold will go to Food for People.</p>	<p>3 Hunger Action Day! Wear orange and replace your Facebook profile with "Turn Orange for Hunger Relief," available on our Facebook page.</p>	<p>4 On , share how #HungerHurts you. Post a selfie with your #HungerHurts statement. Tag Food for People in your post!</p>	<p>5 Watch the 2013 documentary about hunger in America, A Place at the Table. Available on Netflix.</p>	
<p>6 Attend the CSA Farm Open House to learn more about local food production. 4 of the 7 featured farmers accept EBT at their farms!</p>	<p>7 Labor Day Resolve to make better eating choices-for your health and the health of the planet-and share your resolution on your Facebook page!</p>	<p>8 Do you know someone with fruit trees or extra garden produce who might want to donate the surplus to us? Tell them about our Gleaning Program!</p>	<p>9 Write a letter to a newspaper editor about Hunger Action Month or another hunger-related issue that your community could address.</p>	<p>10 Follow Food for People on Twitter. </p>	<p>11 Organize a brownbag lunch with co-workers and donate your lunch money to the food bank. Donate here.</p>	<p>12 Want a BIG challenge? Try eating on \$4/day for a week. Take the CalFresh Challenge from Sept 13-19. Details here.</p>	
<p>13 Enjoy softball, food and fun at the Lost Coast Rotaract's Smash Out Hunger Softball Tournament, @ Redwood Fields. Benefiting the Backpacks for Kids Program.</p>	<p>14 Make coffee at home for a week and donate what you would have spent at a coffee shop to the food bank.</p>	<p>15 Vote your values! Register to vote or encourage others to register. You can register online here!</p>	<p>16 Share a hunger fact as your status update on  &  Find some ideas & facts in the Hunger Education section of our website.</p>	<p>17 Attend the screening of FRESH, a documentary celebrating the people across America who are reinventing our food system. 7:00 PM @ Arcata Theatre Lounge.</p>	<p>18 Organize a "Hunger 101" session for your peers or workplace. Call us for more ideas! 707-445-3166. Ask for Heidi.</p>	<p>19 Support your local Farmer's Market! Click here for a list of Humboldt County markets. Most also accept CalFresh for food, plants, and seeds that produce food.</p>	
<p>20 Follow a new organization on Facebook to stay in the know about food insecurity issues and advocacy. Try TalkPoverty or California Center for Public Health Advocacy.</p>	<p>21 Volunteer at Food for People! Volunteer Orientation every Monday at 2:30. Learn more and start the application process on our website.</p>	<p>22 Organize a Tuna Tuesday Food Drive at your workplace, club, or church and donate the proceeds to the food bank. Protein is always much-needed at food banks.</p>	<p>23 Attend the Humboldt Food Policy Council Meeting to learn about how to increase access to local produce for low-income populations in our area.</p>	<p>24 Donate 15 nonperishable food items to Food for People.</p>	<p>25 View food insecurity stats here for every state as well as Humboldt County at Map the Meal Gap.</p>	<p>26 Become a #HungerHero. On , share how you fight hunger in the community #HungerHurts. Tag Food for People in your post!</p>	
<p>27 Talk about hunger and related issues with kids. Click here for a list of children's books.</p>	<p>28 Do you know what the income guidelines are for CalFresh? Click here to find out. CalFresh is an nutrition assistance program helping people buy healthy food.</p>	<p>29 Donate a grocery store gift card to the food bank. We'll use it to purchase most-needed nonperishable foods for the food bank.</p>	<p>30 Visit Food for People's program page and learn about our 14 food programs that address food insecurity in Humboldt County.</p>				