

30 Ways in 30 Days

To fight hunger during Hunger Action Month

1. Rent the series *30 Days: Season 1* - episode "Minimum Wage." Watch and discuss!
2. Check out the Giant Bags Hunger campaign at your local Giant Food Stores.
3. Visit the hungerbites.org website to learn more about what we do and how you can help.
4. Invite friends to a "virtual lunch." Estimate the cost and donate that amount to your favorite hunger relief organization.
5. Forward the hungerbites.org website to a friend.
6. Inquire about volunteering at the Central Pennsylvania Food Bank or another local hunger relief organization.
7. Take your children to the library and check out *Fly Away Home*, *Uncle Willy's Soup Kitchen* or another children's book featuring the theme of hunger.
8. Attempt to provide 3 healthy meals using only the average daily Food Stamp amount allotted per person. (Total approximately \$18/day for a family of four.)
9. Attend one of the open Central Pennsylvania Food Bank tours. (See events calendar.)
10. Hold a food drive in your school, work or faith community.
11. Download the "Donate Time" toolkit on hungerbites.org and see how easy it is to *do something*.
12. Energize your book group around a book that focuses on the issues of hunger and poverty.
13. Ask your favorite restaurant if they participate in Central Pennsylvania Food Bank events.
14. Learn about the Earned Income Tax Credit and other benefits that help low-income working families.
15. Learn about proper nutrition and how it is vital to the growth and development of children.
16. Invite friends to a potluck where everyone brings their favorite family recipe and shares stories about the meaning of food in their lives.

30 Ways in 30 Days (continued)

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17. Buy a hungerbites.org t-shirt and wear it - a lot!
18. Donate a grocery store gift card to your local food pantry so they can provide more for those they serve.
19. Read about the economy, the trends in food pricing and the effect it is having on struggling families.
20. Put a note on your calendar to donate a turkey to the Food Bank's Turkey Drive in November - to help hungry families enjoy the holidays. See centralpafoodbank.org for details.
21. Shop for your weekly groceries using only half the dollar amount you would normally spend, then donate the other half to a charity that helps people in need.
22. Educate your school, work or faith group about hunger and poverty through the toolkits available online at hungerbites.org
23. Become an advocate for hunger and poverty relief. See the *Advocate* toolkit.
24. Encourage your employer to become a Central Pennsylvania Food Bank corporate partner.
25. If you enjoy special events, consider volunteering to be a part of a planning committee for Food Bank events. Contact Tara Davis at 717.564.1700, ext 3024.
26. Find out how you can help serve a meal at a local shelter or community kitchen.
27. Learn about the Food Bank's special programs - Kids Cafe[®], Power Pack and Elder Share.
28. Save a date on your 2010 calendar for a Soup and a Bowl event - February 26, 2010 in Williamsport and March 15, 2010 in Harrisburg.
29. Bring your children to a family volunteer day at the Central Pennsylvania Food Bank!
30. Stay current on all the ways you can continue to help throughout the year. Sign up for the Food Bank's e-Newsletter online at centralpafoodbank.org!