



SEPTEMBER 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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		<h2>"30 Ways in 30 Days"</h2>				Start the month off by liking MCFOODS & Feeding Middlesex County on social media
2	3	4	5	6	7	8
Attend MC Labor Day Concert at Roosevelt Park @ 4 pm and bring a food donation	Go "Orange" For Hunger!	"Tuna Tuesday" Donate cans of tuna fish at a local library	Check out our MCFOODS & Feeding Middlesex County websites!	Take Action Against Hunger - Share your actions on social media #HungerActionMonth	Make a recipe that includes orange ingredients, and share it on social media!	Can you live on a SNAP Budget of \$4 a day? Try it out!
9	10	11	12	13	14	15
Hand out 10 orange MCFOODS bags to friends & family who might donate	"Mac & Cheese Monday" Donate boxes of Mac & Cheese to MCFOODS	Do you have a garden? Donate your extra produce to MCFOODS	What can't you do when you are hungry? Share a photo or video with us answering that question	"Tomato Thursday" Donate sauce and pasta to MCFOODS	Share our social media pages with friends and raise awareness about what we do!	Host a dinner with family or friends and ask them to bring a donation
16	17	18	19	20	21	22
Set an empty plate at your dinner table to remember those who are at risk of hunger	Bring your coworkers oranges and tell them about MCFOODS & FMC	"Tuna Tuesday" Donate cans of tuna fish at a local library	Share a recipe on social media that feeds a family of four for under \$10	Start a compost pile to reduce food waste	Shop at Shoprite in Spotswood from 12:00 - 4:00 and donate to MCFOODS & FMC	Plan a food drive with your business, school, church, club or group!
23	24	25	26	27	28	29
Visit us at East Brunswick Day from 12:00 - 5:00 at the Community Arts Center	"Mac & Cheese Monday" Donate boxes of Mac & Cheese to MCFOODS	Buy a grocery store gift card and donate it to Feeding Middlesex County	Create a recipe for matzah that can be distributed to food pantry recipients	"Tomato Thursday" Donate sauce and pasta to MCFOODS	Make a monetary donation to FMC	Sign up to volunteer on Oct 13 at the Monroe Fall Harvest Food Drive event
30						
What did you learn during Hunger Action month? Share with us!	<h2>#HungerActionMonth</h2>					