

# 30 WAYS in 30 DAYS

## SEPTEMBER is Hunger Action Month

There's something everyone can do to help feed a hungry neighbor this month. Visit [www.eifoodbank.org](http://www.eifoodbank.org) or call us at 217-328-3663 to learn more.



**SUN**

**MON**

**TUE**

**WED**

**THU**

**FRI**

**SAT**



**Eastern Illinois  
Foodbank**

2405 North Shore Drive, Urbana  
(217) 328-3663 | [www.eifoodbank.org](http://www.eifoodbank.org)

### Register for Operation Orange!

Be a part of EIF's 12-hr food repack on 9/28!  
Volunteers will repack bulk food product into family friendly sized boxes. Register for a 2-hr shift at [www.eifoodbank.org/HAM](http://www.eifoodbank.org/HAM)


**1**

Share this calendar with your friends & family. Ask them to help fight local hunger too!

**2** Grandparents Day is in 1 week! Make a donation to the Foodbank in their honor.

**3** Change your Facebook cover photo to match EIF's in support of hunger awareness.

**4** Deliver Food. Deliver Hope. Help feed families. Visit our website to sign-up to volunteer for the Foodmobile in Bement, IL on Saturday, 9/22.

**5** "LIKE" US   
[facebook.com/eifoodbank](https://facebook.com/eifoodbank)

**6** Make coffee at home & pack a brown bag lunch. Donate what you would have spent. Try it for today or a week!

**7** Purchase your ticket to the Luke Bryan Farm Tour in Pestoum, IL on 9/28 at [www.lukebryan.com](http://www.lukebryan.com)

**8** Volunteer at a local food pantry or soup kitchen. Visit our website for a list of agencies.

**9** Starts today!



**10** Can you make it on a food stamp budget of \$4.47/day for 1 week? Visit [www.eifoodbank.org/HAM](http://www.eifoodbank.org/HAM) for info on how the challenge works, what items may be purchased & how to share your experience with EIF.

**16** Did you make it through the SNAP Challenge? Share your experience with EIF via social media or write us a letter!

**17** Volunteers = 4.8 FTE for EIF! Alleviate hunger in our community by registering as an EIF volunteer online at, [www.eifoodbank.org](http://www.eifoodbank.org)

**18**  will donate 0.5% of your eligible purchases every time you shop. Designate EIF as your charity!

**19**  Get a behind the scenes look at EIF. Follow us on Instagram at [e.i.foodbank](https://www.instagram.com/e.i.foodbank)

**20** Make a financial contribution to EIF. Every dollar donated is equal to 5 meals. Spread the word!

**21** Drop off produce from your garden to EIF or one of our member agencies.

**22** Host a get together & ask guests to bring a donation for EIF. Share what you've learned this month!

**23** Become a recurring donor & be a sustaining resource for those in need.

**30** Sign up at [www.eifoodbank.org](http://www.eifoodbank.org)

**24** Will your employer match employee donations to EIF for HAM? Ask your finance dept. to double your gift!

**25**  Hunger & health are connected. Learn how EIF's work is expanding into hospitals & health facilities at... [eifoodbank.org/impact/programs.html](http://eifoodbank.org/impact/programs.html)

**26** Follow us   
[twitter.com/eifoodbank](https://twitter.com/eifoodbank)

**27** Set an empty plate at your table as a reminder of those who are hungry.

**28**  If you registered for Operation Orange don't forget to report for duty!

**29** Become a hunger champion by joining Hundreds Against Hunger. Contact EIF for details.