



SEPT. 2018

# HUNGER ACTION MONTH

30 Ways in 30 Days to help your hungry neighbors

Join your regional food bank in raising awareness of hunger in the Ozarks.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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Special thanks to our Hunger Action Month partners **Bambinos, Central Bank of the Ozarks, The Coffee Ethic, Crave Cookie Dough, Farm 2 Counter, Gold Mountain Communications, MaMa Jean's and Neighbor's Mill!**

Put this calendar in your home and office. Challenge others to join in!

<p><b>2</b></p>  <p><b>The Coffee Ethic</b> Purchase a single-origin coffee or chai latte to provide four meals this month.</p>	<p><b>3</b></p> <p><b>Labor Day!</b> Splash &amp; Sizzle at Park Board pools. Admission is free from 1-6:30 p.m. with a donation of one canned food item.</p>	<p><b>4</b></p>  <p><b>Neighbor's Mill</b> \$1 from every pumpkin muffin purchased will benefit OFH this month.</p>	<p><b>5</b></p>  <p><b>MaMa Jean's</b> Purchase the smoothie of the month to provide four meals.</p>	<p><b>6</b></p>  <p><b>Schedule a tour of The Food Bank</b> for your business or family.</p>	<p><b>7</b></p> <p><b>20th annual Hungerthon radio-thon</b> Listen on iHeartMedia's 105.9 KGBX.</p>	<p><b>8</b></p>  <p><b>Sponsor a backpack child</b> for \$25/month by calling 417-890-5429.</p>
<b>20TH ANNUAL HUNGERTHON</b>						
<p><b>9</b></p>  <p><b>Stop by and visit Kevin &amp; Liz</b> outside the historic Tower Theatre at Glenstone and Sunshine.</p>	<p><b>10</b></p> <p><b>Last day to pledge your support for the Weekend Backpack Program.</b> Help us sponsor 450 kids!</p>	<p><b>11</b></p>  <p><b>Farm 2 Counter</b> Check out Farm 2 Counter's promotion to provide meals this month.</p>	<p><b>12</b></p>  <p><b>Donate food at Gold Mountain's food drive</b> on Sept. 13 at Walmart on S. Campbell or Independence.</p>	<p><b>13</b></p>  <p><b>Wear orange and post a photo using #HungerAction Month and #HungerHeroes.</b></p>	<p><b>14</b></p>  <p><b>Crave Cookie Dough</b> \$1 from every Rainbough Fetti purchased will benefit OFH this month.</p>	<p><b>15</b></p> <p><b>Tell your friends about the issue of hunger.</b> 1 in 5 children and 1 in 7 adults in southwest Missouri may go to bed hungry.</p>
<b>RADIO-THON ON 105.9 KGBX</b>						
<p><b>16</b></p>  <p><b>Create a Facebook fundraiser</b> to benefit Ozarks Food Harvest.</p>	<p><b>17</b></p>  <p><b>Help OFH at CBCO!</b> Donate blood and learn how your gift can get an extra lift with LifePoints.</p>	<p><b>18</b></p>  <p><b>Watch &amp; Share</b> OFH Hunger Heroes in action at <a href="http://vimeo.com/ozarksfoodharvest">vimeo.com/ozarksfoodharvest</a>.</p>	<p><b>19</b></p> <p><b>Become a Hunger Hero at The Food Bank!</b> One hour of volunteer time provides 100+ meals.</p>	<p><b>20</b></p>  <p><b>Tea Bar &amp; Bites Apron Fashion Show</b> Purchase tickets in advance online or at 621 S. Pickwick.</p>	<p><b>21</b></p> <p><b>Get Social.</b>  <a href="https://www.instagram.com/ozarksfoodharvest">ozarksfoodharvest</a>  <a href="https://www.facebook.com/ozarksfoodharvest">ozarksfoodharvest</a>  <a href="https://www.youtube.com/ozarksfoodharvest">ozarksfoodharvest</a></p>	<p><b>22</b></p>  <p><b>Fall into giving.</b> 96 cents of every dollar goes straight to feeding programs. Give securely at <a href="http://ozarksfoodharvest.org/donate">ozarksfoodharvest.org/donate</a>.</p>
<p><b>23</b></p> <p><b>Pack leftovers for lunch</b> and donate the money you save to OFH.</p> <p><b>30</b></p> <p><b>Mark your calendars for</b> Check Out Hunger, Nov. 13-Dec. 31.</p>	<p><b>24</b></p>  <p><b>Sign up for our newsletter online</b> to stay informed about The Food Bank.</p>	<p><b>25</b></p>  <p><b>Bambinos</b> Your purchase of tiramisu will provide four meals this month.</p>	<p><b>26</b></p>  <p><b>Central Bank of the Ozarks</b> Donate nonperishable food at participating branches all month long.</p>	<p><b>27</b></p>  <p><b>Host a food &amp; funds drive.</b> Register online at <a href="http://ozarksfoodharvest.org/fooddrive">ozarksfoodharvest.org/fooddrive</a>.</p>	<p><b>28</b></p>  <p><b>Empty Bowls</b> Donate and receive a handmade bowl at the Panera Bread on Campbell.</p>	<p><b>29</b></p>  <p><b>Join the Glean Team</b> to help harvest fresh produce for hungry neighbors.</p>

GET INVOLVED AT [OZARKSFOODHARVEST.ORG](http://OZARKSFOODHARVEST.ORG)

