























MEMBER OF  
**FEEDING AMERICA**

**NTFB.org / HAM**  
**#HungerActionMonth**

# September

## HUNGER ACTION MONTH: 30 DAYS OF FIGHTING HUNGER

SUN	MON	TUES	WED	THUR	FRI	SAT
					<p><b>1</b></p> <p>It's the last weekend to support NTFB by participating in <a href="#">DFW Restaurant Week</a></p> <p><b>DFW RESTAURANT WEEK</b></p> 	<p><b>2</b></p> <p><b>Go Orange</b> digitally with your Facebook, Twitter &amp; Instagram profile picture or cover photo!</p> <p>#hungeractionmonth</p> 
<p><b>3</b></p> <p>Tickets are on sale for the Dallas Observer's Brewfest event scheduled for Sept 9.</p> <p><a href="#">Click here for tickets!</a></p>	<p><b>4</b></p> <p>Are you in need of food assistance?</p> <p><a href="#">Click here to find a pantry near you.</a></p>	<p><b>5</b></p>  <p>Help NTFB collect more than 400,000 lbs. of Peanut Butter this year! <a href="#">Click here</a> for more info.</p>	<p><b>6</b></p>  <p>Tune in to KXT/KERA to donate to and learn more about NTFB!</p>	<p><b>7</b></p>  <p>Hold a Canned Food Drive to collect NTFB's <b>most needed items.</b></p>	<p><b>8</b></p>  <p>Visit NorthPark to see art themed structures made entirely of cans through Sept. 10!</p>	<p><b>9</b></p> <p><b>Did you know?</b></p> <p>Last Fiscal Year, NTFB provided more than <b>144 million nutritious meals</b> to our neighbors facing hunger!</p>
<p><b>10</b></p>  <p><i>Foundation</i></p> <p>This month support NTFB at checkout when you shop with Tom Thumb and Albertsons!</p>	<p><b>11</b></p> <p><b>Today is National Day of Service – thank you to all our volunteers who help feed our hungry neighbors!</b></p>	<p><b>12</b></p> <p>Get your company involved. Hold a jeans day for a \$5 donation.</p> <p><b>\$5 provides 15 nutritious meals!</b></p>	<p><b>13</b></p>  <p><a href="#">Download</a> the NTFB App in the Apple or Google Play store to stay up to date with NTFB news!</p>	<p><b>14</b></p> <p><b>Did you know?</b></p> <p>1 in 6 kids in North Texas is food insecure. Learn more about our child programs <a href="#">here.</a></p>	<p><b>15</b></p> <p><b>Hunger Action Day!</b></p> 	<p><b>16</b></p> <p>Donate your status for hunger!</p> 
<p><b>17</b></p> <p>Support NTFB by purchasing a paver to be displayed at our Plano facility. Quantities are limited, visit <a href="#">here</a> for more info.</p>	<p><b>18</b></p>  <p>Join Kroger's vision for Zero Hunger, Zero Waste when you shop at your local store.</p>	<p><b>19</b></p>  <p>Today is national voter registration day! <a href="#">Click here</a> to register to vote.</p>	<p><b>20</b></p>  <p><b>Did you know?</b></p> <p>Over 90% of the food NTFB distributes is considered nutritious</p>	<p><b>21</b></p>  <p><a href="#">ntfb.org/givingday</a></p>	<p><b>22</b></p>  <p>Shop at H-E-B and ask how you can help fight hunger at checkout</p>	<p><b>23</b></p>  <p>Want to learn more about community campaigns benefitting NTFB? <a href="#">Click here</a></p>
<p><b>24</b></p>  <p>September is our birthday month! Help us celebrate by making a \$41 donation - you'll provide 123 meals!</p>	<p><b>25</b></p>  <p>Call your elected officials and tell them the issue of hunger matters! Find yours at: <a href="#">usa.gov</a></p>	<p><b>26</b></p>  <p>Keep up-to-date on hunger relief news on the <a href="#">NTFB blog</a></p>	<p><b>27</b></p> <p>Today is National Chocolate Milk Day!</p> <p>Chocolate milk is a great post workout recovery drink, thanks to the perfect ratio of carbs to protein.</p>	<p><b>28</b></p> <p>Did you know NTFB published its first children's book called, <i>Hunger Bugs Me!</i></p> <p>Visit <a href="#">here</a> to purchase!</p>	<p><b>29</b></p>  <p>Opening Day! Bring 2 jars of peanut butter for \$10 Admission.</p>	<p><b>30</b></p> <p>NTFB has both in person and virtual volunteer opportunities.</p> <p>Learn more at: <a href="#">ntfb.org/volunteer</a></p>



Check out our Partners "Going Orange" for Hunger Action Day:

KPMG Plaza • Omni Hotel Dallas • Bank of America Plaza