
























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



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

KPMG Plaza • Omni Hotel Dallas • Bank of America Plaza • Reunion Tower