

30 Ways in 30 Days

Learn new ways to fight hunger in San Francisco for the month of September.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>For more information on how to take action against hunger, please contact the San Francisco Food Bank at 415-282-1900 or visit our website at www.sffoodbank.org.</p>			<p>1 Start a 30 Ways in 30 Days Challenge! Forward this calendar to 5 friends!</p>	<p>2 Skip your morning latte and donate the savings to the Food Bank.</p>	<p>3 Follow us on twitter @sffoodbank to keep up with all the latest and greatest Food Bank news!</p>	<p>4 If you haven't already, sign up for the Food Bank's email list to receive our e-news, Food Matters.</p>
<p>5 Check out our most needed foods. Raise awareness and collect these items as part of Hunger Action Month.</p>	<p>6 The hunger challenge is starting Sept. 12th. If you'd like to try living on a food stamp budget - sign up here!</p>	<p>7 Brown bag it! Bring your lunch to work today and donate what you would have spent on lunch to the Food Bank!</p>	<p>8 Join the Food Bank's Community Circle on BloomSpot and 10% will be donated back! Join our Circle today - help us feed San Francisco and Marin!</p>	<p>9 Have you seen David Arquette's Hunger Action Month pledge? What's your pledge?</p>	<p>10 What does Hunger Action Month mean to you? Post your ideas on our facebook page.</p>	<p>11 Link to our website in your email signature! Try: It's Hunger Action Month! Volunteer or donate to the San Francisco Food Bank.</p>
<p>12 Almost half-way done—spread the word! Tell your friends, family and coworkers about Hunger Action Month!</p>	<p>13 Declare on Facebook that it is Hunger Action Month! Visit our facebook page.</p>	<p>14 Join the SF Food Bank's Meal-a-Month Club to make a monthly gift.</p>	<p>15 Share your favorite low-cost, high-nutrition recipe with us: online@sffb.org.</p>	<p>16 Sign-up for a volunteer shift at the San Francisco Food Bank to help put food on the table for people who need it.</p>	<p>17 Try to make today's three meals with \$4 (the amount you would get with food stamps).</p>	<p>18 Our Annual Report is available online. Read about all the Food Bank has done in the past year for your community!</p>
<p>19 Try to figure out how much your recipe costs. What can you make for \$1? At the Food Bank \$1 = 3 meals.</p>	<p>20 How do you eat well on a budget? Post your tips on our facebook page.</p>	<p>21 Play the Hunger 101 game with your friends or family online. Send the link to 3 friends!</p>	<p>22 Add our blog to your online reading list, RSS feed, favorites or bookmarks.</p>	<p>23 Give a gift that gives back! A certificate to be Chef for a Day at Kuleto's.</p>	<p>24 Sign up for the Holiday Food & Fund Drive, email us for more information.</p>	<p>25 Have dinner at Mission Chinese Food and enjoy knowing \$0.75 of each meal will go to the Food Bank!</p>
<p>26 Host a dinner party! Ask your guests to bring non-perishable donations for the Food Bank in lieu of a host or hostess gift.</p>	<p>27 Brown bag it! Bring your lunch to work today and donate what you would have spent on lunch to the Food Bank!</p>	<p>28 Check out Free For All: Fixing School Food in America by Janet Poppendieck and learn about the politics of school lunch.</p>	<p>29 A reality for 1 in 5 San Franciscans. Fighting for Food Security in San Francisco: Listen to the interview with KALW.</p>	<p>30 Cheer on the Giants and fight hunger! Bring non-perishable food to donate and receive a prize at today's game!</p>	<p>Text EAT to 50555 to donate \$10 and provide 30 meals for hungry neighbors in our community. \$10 will be added to your mobile phone bill/ deducted from your prepaid account. Msg & Data Rates May Apply. Reply STOP to 50555 to stop messages. Full Terms: mGive.org/T. Privacy Policy</p>	