

# 30 Ways in 30 Days

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



SAN FRANCISCO FOOD BANK

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Sign-up for a <a href="#">volunteer</a> shift at the San Francisco Food Bank to help put food on the table for people who need it.	2 Start a book group that focuses on issues of hunger and poverty. For suggested reading materials, click <a href="#">here</a> .	3 Schedule a Hunger 101 session with a group of co-workers at the Food Bank or participate <a href="#">online</a> .	4 <a href="#">Follow</a> the work of the Young Farmers Movement Across America.	5 Share this calendar with a friend!
6 Host a group to watch Morgan Spurlock's " <a href="#">Minimum Wage</a> ."	7 Attend an <a href="#">Eat-in</a> to support the Time for Lunch — National Day of Action Campaign.	8 Participate in the worldwide <a href="#">Burrito Project</a> movement.	9 <a href="#">Become an advocate</a> for the Food Bank. Stay up to date on what we are doing to end hunger in SF.	10 Check out the film <a href="#">Empress Hotel</a> at Roxie Theatre. Learn stories about the clients that receive our food.	11 Have leftover prepared food from an office dinner party or event? Call <a href="#">Food Runners</a> so that it doesn't go to waste.	12 Donate 10 healthy non—perishable food items to the <a href="#">Power to the Peaceful Festival</a> and receive a free poster.
13 <a href="#">Write a letter</a> to congress about the Child Nutrition Reauthorization Act.	14 Ask your congregation to participate in the <a href="#">High Holy Days Food Drive</a> .	15 Serve a meal at <a href="#">Glide</a> , <a href="#">St. Anthony's</a> , or another community kitchen that serves meals.	16 Dine with Food Network chef Ming Tsai at Macy's Union Square. All <a href="#">ticket sales</a> from the event benefit the San Francisco Food Bank.	17 Can you eat on \$4 a day? If yes, <a href="#">sign up</a> for the 2009 Hunger Challenge. Compete with friends and family!	18 Check out the new film <a href="#">Cloudy with a Chance of Meatballs</a> with your kids. Learn how to become a <a href="#">Hunger Helper</a> after the film.	19 Try <a href="#">Stefanie's Ultimate Red Velvet cheesecake</a> at the Cheesecake Factory and \$0.25 will go to Feeding America.
20 <a href="#">Join</a> the SF Food Bank's Meal-a-Month Program to make a monthly gift.	21 Volunteer at your <a href="#">local community garden</a> or start one in your neighborhood.	22 Invite friends to a virtual lunch and ask them to <a href="#">donate</a> the money they would have spent to the SF Food Bank.	23 Interested in collecting food all year round? Join our <a href="#">Full Plate Program</a> and host a donation barrel all year long.	24 Plan a holiday party at your office to educate your colleagues about hunger in San Francisco.	25 Give the perfect gift—a certificate to be <a href="#">Chef for a Day</a> at <a href="#">Kuleto's</a> .	26 Read Fly Away Home, Uncle Willy's Soup Kitchen or other hunger-themed children's books with your kids.
27 Host a potluck — ask friends to bring favorite recipes and share stories about the meaning of food in their lives.	28 <a href="#">Plan ahead</a> and schedule a holiday food drive at your office, school or church.	29 Take it to the Bank! Bring food donations to the SF Food Bank during our extended hours from 3—7 pm.	30 Listen to <a href="#">Michael Pollan</a> speak at UC Berkeley as he challenges the way Americans think about food consumption.		For more information on how to take action against hunger, please contact the San Francisco Food Bank at 415-282-1907 or visit our website at <a href="http://www.sffoodbank.org">www.sffoodbank.org</a> .	