

SEPTEMBER 2019

“30 Ways in 30 Days!”

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 Attend MC Labor Day Concert at Roosevelt Park @ 4 pm and bring a food donation	2 Go “Orange” For Hunger!	3 Take Action Against Hunger - Share your actions on social media #HungerActionMonth	4 <u>Check out our MCFOODS & Feeding Middlesex County websites!</u>	5 MCFOODS & our partners will be recognized by the Board of Chosen Freeholders	6 Make a recipe that included orange ingredients, and share it on social media!	7 Can you live on a SNAP Budget of \$4 a day? Try it out!	
8 Hand out 10 orange MCFOODS bags to friends & family who might donate	9 Middlesex County Board of Chosen Freeholders hosts event at MCFOODS Distribution Center featuring Assembly Speaker Craig J. Coughlin	10 Do you have a garden? Donate your extra produce to MCFOODS	11 What can't you do when you are hungry? Share a photo or video with us answering that question	12 “Tomato Thursday” Donate sauce and pasta to MCFOODS	13 Share our social media pages with friends and raise awareness about what we do!	14 Host a dinner with family or friends and ask them to bring a donation	
15 Set an empty plate at your dinner table to remember those who are at risk of hunger	16 Bring your coworkers oranges and tell them about MCFOODS & FMC	17 “Tuna Tuesday” Donate cans of tuna fish at a local library	18 Share a recipe on social media that feeds a family of four for under \$10	19 Start a compost pile to reduce food waste	20 Talk to your school about creating share tables in the cafeteria	21 Plan a food drive with your business, school, church, club or group!	
22 <u>Check out our MCFOODS volunteer website</u>	23 “Mac & Cheese Monday” Donate boxes of Mac & Cheese to MCFOODS	24 Share your ideas on reducing food waste and extending the life of fresh produce	25 Create a recipe for matzah that can be distributed to food pantry recipients	26 <u>Come Celebrate The 25th Anniversary of MCFOODS With Us!</u>	27 <u>Make a monetary donation to FMC</u>	28 Sign up to volunteer on Oct 12 at the Monroe Fall Harvest Food Drive event	
29 Host a donation party with your family and friends	30 What did you learn during Hunger Action month? Share with us!	#HungerActionMonth				<p>FOLLOW US</p>    <p>Email: ja@mciauth.com</p>	