



[GBFB.org/HungerActionMonth](http://GBFB.org/HungerActionMonth)

September is Hunger Action Month™

# Every action counts.

**THE GREATER BOSTON FOOD BANK**  
Feeding Eastern Massachusetts



**HUNGER ACTION MONTH™** | **FEEDING AMERICA**

# Campaign Overview

## What is it?

**Hunger Action Month™** (September) is the Feeding America network's annual nationwide campaign designed to inspire people to take action and raise awareness of hunger in the United States. [Learn more here.](#)

**Hunger Action Day®** (Friday, September 23, 2022) is a day where collective efforts across the country are focused for greater impact.

The Greater Boston Food Bank (GBFB) and our network are working together to raise awareness about hunger and inspire our neighbors to get involved this September and throughout the year.

## How can you participate?

**You have a choice. Choose to end hunger** by donating, fundraising, volunteering, learning about hunger in your community, or advocating for food assistance.

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# WEEKLY THEMES & IMPORTANT DATES – SEPTEMBER 2022

## All of September

High Street Place Food Hall Round Up Program  
The Helping Menu Program

**Thursday, 9/1**  
Hunger Action  
Month™ Kick Off

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Week 1 (9/5-9/9) Theme: **Get Out the Vote**

**Monday, 9/5**  
Labor Day

**Tuesday, 9/6**  
Massachusetts  
Primary Elections

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Week 3 (9/12-9/16) Theme: **School Meals and College Hunger**

**Monday, 9/12**  
9/11 Day of  
Service

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**Friday, 9/16**  
Red Sox Strike  
Out Hunger

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**Sunday, 9/18**  
Red Sox Strike  
Out Hunger

Week 4 (9/19-9/23) Theme: **Inflation, Cost of Living**

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**Thursday, 9/22**  
WCVB Fundraiser

**Friday, 9/23**  
Hunger Action Day

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Week 5 (9/26-9/30) Theme: **Hunger Policy**

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**Tuesday, 9/27**  
National Voter  
Registration Day

**Wednesday, 9/28**  
White House  
Conference on  
Hunger, Health  
and Nutrition

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Visit our website for more info on these events! [GBFB.org/HAM](https://GBFB.org/HAM)

# Every Action Counts:

## Donate

### **Give online**

Every \$1 can help provide two healthy meals to a child, family, or senior struggling with hunger.

By [giving today](#), you are building a community where all our neighbors in need can thrive.

[Donate to our Growing Healthy Futures campaign](#) in honor of Hunger Action Month.

### **Give on air**

- Thursday, September 22<sup>nd</sup>: WCVB Channel 5

Tune in to these virtual fundraisers to learn more about how GBFB and our partners are serving families in need across Eastern Massachusetts.





# Every Action Counts:

## Advocate

If we raise our voices in unison, we can influence Congress and our state government to strengthen anti-hunger legislation and take action to end hunger across the U.S.

### **Take Action:**

- [Sign up for GBFB Advocacy Email alerts to stay up-to-date.](#)
- Tell your [Representative and Senator](#) that hunger relief needs to be prioritized and [tweet about anti-hunger policy issues.](#)
- Host a site visit at your organization during September.
- Declare September as Hunger Action Month™ by asking your mayor to issue a [proclamation.](#)

**Want to learn more about how you can participate?**

Email Kate Adams at [kadams@gbfb.org](mailto:kadams@gbfb.org).



# Every Action Counts:

## Share on Social Media

Use your social network to raise awareness of hunger by sharing pictures, stories, and calls to action!

### Suggested Posts

- This September, we're asking everyone to choose to help end hunger. Because food shouldn't be an impossible choice. Join me (us) & the **@Gr8BosFoodBank**: GBFB.org/HAM **#HungerActionMonth**
- We must act to make sure no child, adult or senior in America ever experiences hunger. I'm calling on **@Government Official** to join me this **#HungerActionMonth** in solidarity to **#EndHungerHere**.

**Hashtags:** #HungerActionMonth & #EndHungerHere

**Tag:** @Gr8BosFoodBank

Visit our **[Hunger Action Month site](#)** for more images to share on your social media pages!

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# Every Action Counts: Volunteer

GBFB volunteers play a critical role in helping to end hunger in Eastern Massachusetts. Their role is more important than ever in the aftermath of the Covid-19 pandemic and with inflation at an all-time high. GBFB is committed to keeping our volunteers safe and getting food to our neighbors in need during this crisis.

**Sign up at [GBFB.org/Volunteer](https://GBFB.org/Volunteer)**

We are currently accepting 15 or fewer volunteers per shift. Individuals and small groups may apply.

You can also volunteer in your community at one of our partner agencies by visiting [Bostoncares.org/gbfb](https://Bostoncares.org/gbfb)



[GBFB.org](https://GBFB.org)



# Every Action Counts:

Go Orange!



The Greater Boston Food Bank and the City of Boston are going **ORANGE** on Hunger Action Day® – **Friday, September 23<sup>rd</sup>**.

Join us by wearing orange on Hunger Action Day® and posting a picture on social media using the hashtags #HungerActionMonth & #EndHungerHere and tag @Gr8BosFoodBank!

