



GBFB.org/HungerActionMonth

September is Hunger Action Month™

Every action
counts.

THE GREATER BOSTON FOOD BANK

Feeding Eastern Massachusetts



HUNGER ACTION MONTH™



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 15, 2023) 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.

WEEKLY THEMES & IMPORTANT DATES SEPTEMBER 2023

			Friday, 9/1 Hunger Action Month™ Kick Off	
Week 1 (9/4–9/8) Theme: Take action! Volunteer, Donate, Advocate				
Monday, 9/4 Labor Day	5	6	7	8
Week 2 (9/11–9/15) Theme: Public Policy at GBFB				
Monday, 9/11 9/11 Day of Service	12	13	14	Friday, 9/15 Hunger Action Day
Week 3 (9/18–9/22) Theme: College Hunger and School Meals				
Monday, 9/18 College Hunger bill hearing	Tuesday, 9/19 National Voter Registration Day	Wednesday, 9/20 WCVB Day of Giving	21	22
Week 4 (9/25–9/30) Theme: Farm Bill				
25	26	27	28	29

Visit our website for more info on these events! GBFB.org/HAM



Every Action Counts:

Donate

Give online

We need your help right now to close the meal gap and distribute 20 million nutritious meals by the end of September. Every dollar you donate helps us provide two meals for our neighbors in need.

By [giving today](#), you are helping the 1 in 3 people struggling with food insecurity and building healthy communities where all our neighbors in need can thrive.

Give on air

- Wednesday, September 20: WCVB Channel 5 Day of Giving

The current hunger crisis in Massachusetts is alarming. Tune to learn more about how GBFB is helping our neighbors in need and donate to help us close the meal gap.



Every Action Counts:

Advocate

If we raise our voices in unison, we can influence anti-hunger policy at the federal, state and local level. This year Congress is expected to pass a Farm Bill, a piece of legislation that includes the largest nutrition assistance program funding at the federal level and impacts state programming. Your voice matters.

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.



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

Volunteers play a critical role in helping to end hunger in Eastern Massachusetts.

- To find a GBFB partner agency near you, visit our [Need Food](#) pantry finder page. Reach out to our partners to learn about volunteer opportunities.
- Volunteer at the [Boston Meal Pack for 9/11 Day](#)
- GBFB books volunteer opportunities months in advance. Sign up at [GBFB.org/Volunteer](#)
- Explore other opportunities to volunteer to end hunger at [Bostoncares.org](#)



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Every Action Counts:

Go Orange!

The Greater Boston Food Bank and the City of Boston are going **ORANGE** on Hunger Action Day® – **Friday, September 15th**.

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

