



# HUNGER ACTION MONTH 2017

## Get Involved with Connecticut Food Bank this Hunger Action Month

Each September, the Connecticut Food Bank, in conjunction with Feeding America, marks national Hunger Action Month, when we, along with our partners, fight against hunger and mobilize everyone everywhere to get involved in ending hunger in America. Whether it's by advocating and raising awareness, making donations or volunteering, individuals can find the way that's right for them to make a difference during Hunger Action Month.

Visit [www.ctfoodbank.org/hungeractionmonth](http://www.ctfoodbank.org/hungeractionmonth) to see more ways you can get involved.

## 30 WAYS IN 30 DAYS CHALLENGE

Can you complete an action a day for 30 days? Share your action every day on social media with [#HungerActionMonth](https://twitter.com/HungerActionMonth) & [@CTFoodBank](https://twitter.com/CTFoodBank). Complete all 30 days for a chance to win a cool prize and bragging rights!

## JOIN US AT AN EVENT

Check out hunger awareness events happening across Connecticut!  
[www.ctfoodbank.org/hungeractionmonth](http://www.ctfoodbank.org/hungeractionmonth)

## GO ORANGE ON SOCIAL

Here are two easy ways to promote hunger awareness on Facebook, Twitter or Instagram. Make sure to use [#HungerActionMonth](https://twitter.com/HungerActionMonth) and [@CTFoodBank](https://twitter.com/CTFoodBank) to show your support!

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**WEAR ORANGE ON  
HUNGER ACTION DAY  
THURSDAY, SEPTEMBER 14!**

Take a photo of you and your team wearing orange and share on social media using [#HungerActionMonth](https://twitter.com/HungerActionMonth) and tag [@CTFoodBank](https://twitter.com/CTFoodBank).

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Grab a paper plate or download the template on our [Hunger Action Month](http://www.ctfoodbank.org/hungeractionmonth) webpage.



Write what you can't do on an empty stomach.

Then post and share to your social networks with [#HungerActionMonth](https://twitter.com/HungerActionMonth) and tag [@CTFoodBank](https://twitter.com/CTFoodBank).