



HUNGER ACTION MONTH™ 2025

The Food Bank of Delaware and food banks across the country in the Feeding America Network are spreading awareness of food insecurity in our communities. We challenge you all to spread awareness and join the movement to fight hunger in America by participating in the events and actions in the calendar below. #HungerActionMonth

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Start Start collecting your change. At the end of the month donate to the Food Bank.	2 Sign Up Sign up to attend a fall special event.	3 Check It Out Visit fbd.org and get acquainted with us and learn about our mission.	4 Visit Schedule a visit and join us at the Food Bank to tour our facility and learn more about hunger in the community.	5 Join Visit our home page and sign up for our email list.	6 Continue Help us work to end hunger in the state of Delaware and beyond all year long.
7 Honor Today is Grandparents Day. Make a donation in their honor to the Food Bank.	8 Change Change your Facebook cover image. Simply save ours and make it yours!	9 Turn Orange! Wear Orange today to show your support for hunger-relief efforts and Hunger Action Day®.	10 Donate Donate to the WSTW Backpack Buddies radiothon.	11 Challenge Challenge three friends to take action this month.	12 Eat Eat just one meal today to understand how hunger affects your body.	13 Experience Approximately two billion of the world's population lives on less than \$3/day. See if you can meet your nutritional needs on that budget.
14 Share Share this calendar and spread the word about hunger.	15 Reflect Take the day to reflect on how strong we are when we come together as a community.	16 Plant Consider planting a community garden next spring and donate the produce to the Food Bank.	17 Give Up Give up coffee, soda, or vending machine snacks for one week and donate that money to the Food Bank.	18 Talk Talk about hunger with your family.	19 Contact Contact your legislator and let them know why a hunger-free community is important.	20 Spread the Word Follow the Food Bank of Delaware on your social networks.
21 Tell a Friend Tell a friend about why you support the Food Bank of Delaware.	22 Pack a Lunch Pack lunch and donate what you would have spent to the Food Bank.	23 Eat Join us for lunch at one of our cafes and support our culinary students.	24 Go Casual Organize a causal/jeans day with your employer or school. Participants donate to dress casual and funds will benefit the Food Bank.	25 Set an Empty Plate Let this be a reminder to you and those at your table of all those who are at risk of hunger.	26 Host a Party Ask your guests to consider bringing a canned food item to donate to the Food Bank.	27 It's Not too Late! Find out what events are coming up and volunteer.
28 Learn Research to learn more about root causes of hunger.	29 Consider Consider hosting a virtual food drive to help our neighbors in need.	30 Educate Cook a meal with your family and teach them that healthy food matters for all of us, including those in need.	<h2>HUNGER ACTION MONTH™</h2> <div> <div> Newark 222 Lake Drive Newark, DE 19702 </div> <div> Milford 102 Delaware Veterans Blvd. Milford, DE 19963 </div> </div>			

TAKE ACTION
fbd.org