



## It's Hunger Action Month – Let's End Hunger One Helping at a Time










September is observed annually as a special month to heighten awareness of domestic hunger and take action to improve access to food for the hungry in our nation. Traditionally, orange is the color adopted to draw attention to the plight of the hungry and the empty plates many Southeast Texans face at meal time. About 21 percent of the population in Southeast Texas faces hunger as a recurring issue in their lives throughout the year. Please join us in taking action this September to improve the lives of these neighbors in need.

The Southeast Texas Food Bank family of staff, board, and volunteers encourages everyone to think about what you can do to fill some plates with food and hope for Southeast Texans.

Below are suggested activities that can turn any day into a hunger action day. Choose a few or choose them all and improve the life of someone in need of food. Please let Hunger Action Month inspire you to be passionate about reducing hunger in Southeast Texas.



### Hunger Action Month Suggested Activities

September 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 1 Leave an empty plate at your table for meals during the month, as a visual reminder of those who go without food.	 2 Dedicate at least an hour's worth of the income produced by your labor each month to hunger relief.	 3 Organize or participate in a food and fund drive at your place of worship, business, school, or civic organization.  <a href="https://setxfoodbank.org/get-involved/">https://setxfoodbank.org/get-involved/</a>	 4 Invite friends to like the Southeast Texas Food Bank and Feeding America on Facebook to keep informed about local and national hunger news.	 5 Wear orange today and tell anyone who questions your color choice that you are showing support for Hunger Action Month.	 6 Support the Southeast Texas Food Bank's golf tournament on Sept. 13.  <a href="https://setxfoodbank.org/wp-content/uploads/2019/07/2019-Golf-Tournament-Registration-Form-1.pdf">https://setxfoodbank.org/wp-content/uploads/2019/07/2019-Golf-Tournament-Registration-Form-1.pdf</a>	 7 Conduct a Facebook fundraiser to collect funds for the Southeast Texas Food Bank and the fight against hunger in Southeast Texas.

 Pray that food will be more equitably shared and more efficiently distributed to help improve access to food among those in poverty.	 Familiarize yourself with the Map the Meal Gap data for your county to understand what hunger looks like close to home.  <a href="https://map.feedingamerica.org/">https://map.feedingamerica.org/</a>	 Attend the Southeast Texas Food Bank's Open House today from 10:00 a.m. – 2:00 p.m. to learn more about our mission and ways you can help.	 In addition to the fallen of 9/11, take a moment of silence to remember all affected by daily hunger, too.	 Put an orange decoration on your office or home door to serve as a discussion starter about the issue of hunger.	 Pack a brown bag lunch and donate the money saved by not eating out to the Southeast Texas Food Bank or another hunger fighting agency.	 Write a letter to the editor of a local newspaper or post a blog expressing your concern for hunger in your community.
 Host a lunch and ask your guests to bring some non-perishable food items to be donated to a hunger fighting agency as a gift of gratitude for the food you share among family and friends.	 Instead of purchasing coffee on the run this week, make it at home and donate the savings to the Southeast Texas Food Bank or another hunger fighting agency.	 Become familiar with SNAP benefits as a way of steering those in need to a helpful food resource for them.  <a href="https://yourtexasbenefits.hpsc.texas.gov/programs/snap">https://yourtexasbenefits.hpsc.texas.gov/programs/snap</a>	 Live for a day or more on the average SNAP (food stamp) benefit of \$4.20 per day per person to understand how it would affect your lifestyle.	 Make a social media post highlighting Hunger Action Month and inviting your network to be conscious of it, too.	 Sign up as a volunteer to help at the Southeast Texas Food Bank.  <a href="https://setxfoodbank.org/get-involved/volunteer/">https://setxfoodbank.org/get-involved/volunteer/</a>	 Volunteer to help serve a meal at a congregate feeding site.
 Pledge a dollar to the Southeast Texas Food Bank for every point scored by your favorite football team.	 Buy some extra non-perishable items every time you shop for groceries and once a month, quarter or year, donate that excess to the Southeast Texas Food Bank.	 Make the donation of non-perishable food items part of the cost of admission to a school or community event and donate those items to the Southeast Texas Food Bank.	 Share produce from your garden with the Southeast Texas Food Bank or another hunger fighting agency close to you.	 Contact the Southeast Texas Food Bank about taking a tour to learn more about our operations.  (409) 839-8777	 Discuss your own passion for hunger relief with someone.	 Clean house by having a garage sale and donate at least some of the proceeds to the Southeast Texas Food Bank or another hunger fighting agency.
 Load a variety of ready-to-eat non-perishable nutritious food items in your car to share with those in need who publicly beg for food.	 Match the amount of money spent on your next restaurant meal with an equivalent donation to the Southeast Texas Food Bank.					

## Hunger Action Month Community Challenges

The Southeast Texas Food Bank appeals to the Southeast Texas community to rally in response to Hunger Action Month by helping us meet two goals set for the month of September:

- Help us exceed 2,000 volunteer hours of service at the Southeast Texas Food Bank
- Help us gather 15,000 pounds of food through “new” food drives by organizations (e.g., churches, schools, businesses, civic groups, etc.) that have not previously conducted food drives to benefit those we serve. In addition to food collections, fund collection is very useful to the Food Bank. Because of our ability to leverage community volunteerism resources and donated food, a dollar donated to the Southeast Texas Food Bank yields sufficient food distribution for approximately three meals.

To assist as a volunteer or to alert us to a food drive you wish to hold for the benefit of those we serve, please contact our Volunteer Recruiter/Food Drive Coordinator at (409) 839-8777 x116 or by email [tjarrel@setxfoodbank.org](mailto:tjarrel@setxfoodbank.org).

Information on volunteerism and food drives is also available on our website at <http://setxfoodbank.org/get-involved/volunteer/> (re: volunteerism) and at <http://setxfoodbank.org/get-involved/> (re: food and fund drives).

## Hunger Action Month Individual Challenges

The Southeast Texas Food Bank suggests that individuals looking for a healthy challenge during Hunger Action Month may wish to undertake one of the following challenges in September:

- Try to live for a week on the average food allowance benefit of approximately \$4.20 per person per day available to low-income individuals and families through government-aided SNAP (Supplemental Nutrition Assistance Program) benefits. This challenge can provide a new appreciation for the fiscal constraints and the reality of hunger faced by those who rely on this program as their chief means of nutrition.
- If you do not typically pack a lunch for work days, but instead buy lunches out on work days, pack a brown bag lunch each work day of the month and then contribute the money saved to the Southeast Texas Food Bank or another hunger fighting agency.