

30
FOR
30

HUNGER ACTION MONTH

SEPT 1 - SEPT 9

- **DIY Food Drive**

Set aside one nonperishable item per day to donate at the end of the month. Check out our Facebook page for the updated list of needed items each week!

- **30 for 30**

For the past 30 years, LHR providing food and resources to the Loudoun community has been possible because of our generous supporters.

Consider giving \$30 to celebrate 30 years of LHR.

- **Empty Plate Post**

Show your support by posting on social media! **Take a selfie with an empty plate** to raise awareness on food insecurity, and tag us @loudounhunger.

SEPT 10 - SEPT 16

- **Food Insecurity**

Take some time to read up on food insecurity in America by checking out the Feeding America website.

- **Follow us on Facebook and IG @loudounhunger** for the most up to date information about our pantry.

- **Loudoun Empty Bowls Fundraising Event (Sept 15th)** at Stone Tower Winery

- **Creative Spoon Project**

Gather the kids and draw a picture of an orange spoon and fill in your answers:

Hunger = _____

Food = _____

Tag us in your artwork @loudounhunger and #LHRHungerHeroes

SEPT 17 - SEPT 23

- **Green Thumb Giving**

Donate your surplus of produce or chicken eggs to our produce hub! Check out our website for our donation hours.

- **SNAP Challenge**

Can you eat on \$6.50 a day? Challenge yourself to spend \$6.50 or less per person on all your meals today.

**This is the average SNAP assistance per person per day in Virginia

- **Hunger Action Day! (Sept 23rd)**

GO ORANGE!

Wear something orange and post your outfit on social media. Tag us @loudounhunger #LHRGoOrange #LHRHungerHeroes

SEPT 24 - SEPT 30

- **VOLUNTEER**

Sign up today to volunteer with LHR! Contact our Volunteer Coordinator Ruby (rescobar@loudounhunger.org) if you have questions!

- **National Cooking Day (Sept 25th)**

Squash out hunger and make a meal out of orange ingredients. Share your dishes with us on social media!

- **Movie Night!**

Watch the film "A Place at the Table" to learn more about food insecurity.

- **Be a Hunger Hero** and become a monthly donor. Go to our website to find out how.



FOLLOW US ON SOCIAL
MEDIA!
@LOUDOUNHUNGER

#LRRHUNGERHEROES
#LHRGOORANGE

SEPTEMBER 2022