

# HUNGER ACTION DAY 2018

## JOIN US ON HUNGER ACTION DAY September 13 AS WE TURN THE STATE ORANGE!

### TURN ORANGE

**Orange** is the official color of hunger relief. Make a statement by wearing orange on Hunger Action Day! Encourage your friends, family, and coworkers to join you! Send us your photo or share on social media **#HungerActionMonth** and **@CTFoodBank**.

### ADVOCATE

Follow the **@CTFoodBank** on Facebook, Twitter, and Instagram and share our posts about local hunger.



Update your profile picture to show your support in the fight against hunger! You can find a Feeding America Hunger Action Month picture frame on Facebook!

### DONATE

Collect money from friends and family, start a collection container at work decide to give up your coffee and lunch money for a day or week. The Connecticut Food Bank can provide **2 meals for every \$1 donated**.

### VOLUNTEER

Sign up to volunteer with the Connecticut Food Bank or a local hunger relief agency. Challenge your friends to do the same!

### OTHER WAYS TO TAKE ACTION

Take an Empty Plate Selfie – find a paper plate, write what you can't do on an empty stomach or what you are doing to end hunger and post a photo to social media tagging **@CTFoodBank** and **#HungerActionMonth**.



Start a conversation about how you feel when you're hungry and discuss ways you can help in your community.

Ask a local business or restaurant to put up a Hunger Action Month flyer, put out a collection container or decorate the store orange. Take a photo and send it our way; we'll share it on social media!

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FOOD BANK**

Learn more at [ctfoodbank.org](http://ctfoodbank.org) or follow **@ctfoodbank**

