

# FOOD BANK



OF SIOUXLAND INC.

# September 2010 is... Hunger Action Month

## Nourishing Siouxland's Needy!

### What is Hunger Action Month?

Throughout September, Feeding America's nationwide network of food banks is calling upon their communities to take action. The goal is to mobilize everyone in America to take part in the fight against domestic hunger by generating strong and sustainable issue engagement. Everyone is encouraged to participate during the month by attending local food bank events, donating time, money, or their voice, participating in one of many corporate promotions and getting children involved as "Hunger Helpers."

For more information about the *national effort* to fight hunger, beginning August 1 you can visit [www.hungeractionmonth.org](http://www.hungeractionmonth.org).


Information about our *local effort* can be found on our website at [www.siouxlandfoodbank.org](http://www.siouxlandfoodbank.org)

If you have questions about any of the *Hunger Action Month* activities please let us know!

Phone: 712-255-9741

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E-mail: [info@siouxlandfoodbank.org](mailto:info@siouxlandfoodbank.org)

SUN	MON	TUE	WED	THU	FRI	SAT
 <p><b>**Loaves &amp; Fishes</b> is based on the story of Jesus taking three loaves and two fish and turning it into enough to feed many. Churches hold a second collection asking their congregation to donate one dollar each to the Food Bank of Siouxland. The Food Bank is able to purchase 13 pounds of food for just one dollar—that's like turning <b>\$1 into enough food for NINE MEALS!</b> Call 255-9741 for details!</p>	<p>1 Become a fan of the Food Bank of Siouxland on <b>Facebook!</b></p>	<p>2 Make a donation to the Food Bank of Siouxland. All donors in the month of September will be entered into a drawing for a Texas Roadhouse gift certificate!</p>	<p>3 Check the Food Bank of Siouxland's website: <a href="http://www.siouxlandfoodbank.org">www.siouxlandfoodbank.org</a>.</p>	<p>4 Is September your birthday month? Throw yourself a party! Invite guests to bring "gifts" of money or food for the Food Bank of Siouxland.</p>		
<p>5 Calling all kids! You can make a difference by becoming a Hunger Helper. Visit <a href="http://FeedingAmerica.org/hungeractionmonth">FeedingAmerica.org/hungeractionmonth</a> to find posters, online games, and more.</p>	<p>6 Take your children to the library and check out Fly Away Home, Uncle Willy's Soup Kitchen or other books featuring the theme of hunger.</p>	<p>7 Sign up for Kids! Volunteer groups of 10-12 people can sign up, starting today, to help fill sacks for our 2010-2011 Backpack school year. Call Katie for details.</p>	<p>8 Experience hunger for an entire day. Journal your thoughts and feelings.</p>	<p>9 We take plastic! Donate online via <b>PayPal</b> at <a href="http://www.siouxlandfoodbank.org">www.siouxlandfoodbank.org</a></p>	<p>10 FRIDAY = Casual Day! Ask your boss to allow co-workers to wear jeans for \$5. Then donate the money to the Food Bank of Siouxland.</p>	<p>11 Change your <b>Facebook</b> status to "I support the Food Bank of Siouxland"</p>
<p>12 Celebrate Grandparent's Day by helping an elderly neighbor, friend, or relative cut coupons or shop for groceries.</p>	<p>13 Fight hunger in a big way by giving up something small. Coffee or Soda = 9 meals Fast Food Lunch = 45 meals New Shoes = 315 meals</p>	<p>14 Tuna Tuesdays! Have a canned tuna food drive for the Food Bank. Get your friends, family and coworkers involved.</p>	<p>15 Advocate! Speak up to help make sure that congress adequately funds hunger action programs.</p>	<p>16 Recycle your cardboard at the Food Bank of Siouxland. Break down your cardboard boxes and put them in the cardboard recycling bin in our garage.</p>	<p>17 Help a neighbor in need find a food pantry for emergency food assistance. Go to our website and click on "food pantry list" in the blue box on the left-hand side.</p>	<p>18 Try to provide three healthy meals using only \$3.00—the average daily <i>food stamp</i> amount allotted per person.</p>
<p>19 Participate in "Loaves &amp; Fishes" in your church (see the Loaves &amp; Fishes section on this page for more information).</p>	<p>20 Brush up on your hunger facts. Visit <a href="http://www.thehungersite.com">www.thehungersite.com</a>.</p>	<p>21 Ask coworkers to bring a lunch and donate the average lunch cost to the Food Bank of Siouxland.</p>	<p>22 Fill up the Food Bank! Bring a bag of nonperishable food to donate and pick up brochures about our organization and Backpack Program.</p>	<p>23 Visit <b>Panera Bread</b> today and drop some change in the canisters next to the register.</p>	<p>24 Find out how you can serve a meal at your local food pantry or soup kitchen.</p>	<p>25 Energize your book group around a book that focuses on the issues of hunger and poverty.</p>
<p>26 Grow a vegetable garden with your family and donate extra veggies to the Food Bank of Siouxland.</p>	<p>27 Macaroni Mondays! Have a boxed macaroni and cheese food drive for the Food Bank. Get your friends, family and coworkers involved.</p>	<p>28 Host an <b>Eat-In</b> and tell congress: it's time to provide America's children with real food in schools. An <i>Eat-In</i> is a public potluck that takes place to support a cause.</p>	<p>29 Celebrate our Friends Day! The Food Bank will be hosting a gathering of top donors and volunteers. Help us "thank" them by sending a note or saying thanks. Names will be listed on our website.</p>	<p>30 Stay current throughout the year by signing up to receive our quarterly newsletter via email. Email your first and last name to: <a href="mailto:info@siouxlandfoodbank.org">info@siouxlandfoodbank.org</a></p>		

