






Hunger Action Month—September 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>January to August 2019, Loaves & Fishes has served 1,839 households composed of 4,930 people.</p> <p>1,558 children (ages 0-17) 2,697 adults (ages 18-59) 675 seniors (age 60+)</p> 						
<p>Put our calendar on your REFRIGERATOR and celebrate Hunger Action Month with us 1</p>	<p>HAPPY LABOR DAY Having a cookout? Ask your guests to bring a can of food to donate to L&F. 2</p>	<p>Take Your Lunch Tuesday Donate your favorite Lunch Foods to L&F to help provide lunches for our hungry neighbors 3</p>	<p>Sign up to cover a route during the Citywide Food Drive on September 29th 4</p>	<p>Check out our Facebook page to learn more facts about hunger 5</p>	<p>First Friday Enjoy First Friday and shop local, many local businesses support L&F 6</p>	<p>Follow Loaves & Fishes on Instagram Find us at:  @loavesandfishesnwok 7</p>
<p>National Grandparents Day What are foods that make you think of your grandparents? Donate those foods to L&F 8</p>	<p>Sign up to VOLUNTEER at Loaves & Fishes loavesandfishesnwok.org 9</p>	<p>Take Your Lunch Tuesday Donate your favorite Lunch Foods to L&F to help provide lunches for our hungry neighbors 10</p>	<p>Find out how you can advocate for the hungry by visiting feedingamerica.org 11</p>	<p>Wear ORANGE Today to support Hunger Action Month 12</p>	<p>It's National Peanut Day! Peanut Butter is 1 of the most popular items on our shelves. Donate a jar of PB today to help a hungry neighbor in need. 13</p>	<p>Turn your social media ORANGE to support Hunger Action Month 14</p>
<p>Make your coffee at home this week, then donate a pound of your favorite coffee to L&F 15</p>	<p>Bring your used grocery bags to Loaves & Fishes 701 E Maine 16</p>	<p>Take Your Lunch Tuesday Donate your favorite Lunch Foods to L&F to help provide lunches for our hungry neighbors 17</p>	<p>What can't you do on an empty stomach? Write it on a paper plate, take a selfie, and post to your social media channels with #HungerActionMonth 18 Don't forget to tag us! 19</p>	<p>Feed a Friend Friday Take a home-cooked meal to a friend who has helped you during a tough time. 20</p>	<p>Follow Loaves & Fishes on Facebook.  Find us at: Loaves & Fishes—NW Oklahoma 21</p>	
<p>Organize a FOOD DRIVE through your church. For helpful hints, go to loavesandfishesnwok.org 22</p>	<p>Wear your ORANGE socks or footwear to show your support for Hunger Action Month 23</p>	<p>Take Your Lunch Tuesday Donate your favorite Lunch Foods to L&F to help provide lunches for our hungry neighbors 24</p>	<p>Everyone knows that feeling of an empty stomach. This feeling of running on empty is a reality for 48 million people in the U.S. Without the fuel and nutrition, people—kids especially—don't have the energy to focus, learn, grow, and ultimately, succeed. Tell your friends and family what you can't do on an empty stomach. 25</p>	<p>It's not too late to volunteer to help receive & sort food on Sunday, September 29th for the Citywide Food Drive. Call the pantry today to sign up 26</p>	<p>Make sure you have your food donation ready to put out for tomorrow's food drive 27</p>	
<p>Citywide FOOD DRIVE Put your food on your porch by NOON 29</p>	<p>Lovely day for a TROT  Register for the Toucan Trot 5k benefiting L&F coordinated by the VAFB 71st STUS on Nov 2nd https://runsignup.com/Race/OK/Enid/ToucanTrot 30</p>	<p>235 volunteers have given 5,473 hours of service to Loaves & Fishes in 2019.</p>		<p>VOLUNTEER </p>	<p>Loaves & Fishes NW Oklahoma 701 E Maine Enid, OK 73701 580/540-9830</p>	