

HUNGER ACTION MONTH | SEPTEMBER 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Share This Calendar People should not be experiencing the impossible choices of hunger. Share this calendar on social media and spread the word about food insecurity.	2 Follow the Food Bank & Food Shuttle on Social Media DYK? The Food Bank and the Food Shuttle are on most social media platforms! Find us by searching the usernames @foodbankcenc or @foodshuttle	3 Get to Know Feeding America! Learn more about our parent organization, Feeding America, by visiting their website FeedingAmerica.org	4 National Food Bank Day Do you know the difference between a food bank and a food pantry? Learn more by watching this video FoodBankCENC.org/FoodBank101	5 Plate it Forward! Dine at Triangle restaurants giving back to the Food Bank this month PlateltForwardNC.org
6 Purchase your 2026 #HungerActionMonth T-shirt Show your support for the Food Bank by purchasing a #HungerActionMonth t-shirt – available this September only! FoodBankCENC.org/Shop	7 Fall into our Newsletter Read the Food Bank's fall newsletter at FoodBankCENC.org/Newsletter	8 Become a Monthly Sustainer The Food Bank is on a mission to get 50 new sustainers in 30 days – ensure that our neighbors don't have to make impossible choices. Sign up at FoodBankCENC.org/Monthly	9 Tasty Meal Pick out a new recipe to try from the Food Bank's digital recipe library: FoodBankCENC.org/Recipes	10 Food Shuttle Newsletter Sign up for the Food Shuttle's monthly newsletter to stay up to date with the latest news! FoodShuttle.org	11  Volunteer in the Garden Volunteer at the Camden Street Learning Garden in Raleigh or the Geer Street Learning Garden in Durham: FoodShuttle.org/Volunteer	12 Plant or Prepare a Garden Sow into good ground or tidy up your garden for fall! Don't forget to share on social media with @FoodShuttle
13 Map the Meal Gap Want to see the latest food insecurity data in your community? Check out Feeding America's interactive map Map.FeedingAmerica.org	14 Host a Food and Fund Drive Email FoodDrives@FoodShuttle.org to learn how you can easily host a food and fund drive.	15 Check Your Voter Registration! September 16th is National Voter Registration Day. Register to vote, check your status, and encourage others to #VoteOutHunger this fall! Visit FoodBankCENC.org/Ballot to learn more.	16 Food Bank News! Don't miss a thing! Check out our website for the latest news from the Food Bank. FoodBankCENC.org/News	17  Give Monetarily Fight hunger now with a gift. Your contribution, no matter the size, helps bring us closer to our vision of a hunger-free community FoodShuttle.org/Give	18 Support a Strong Farm Bill Help us raise awareness and gain support for the Farm Bill and SNAP FoodBankCENC.org/2026FarmBill	19 Paint a Pumpkin Get creative and paint a pumpkin! Don't forget to share it with us on social @FoodShuttle
20 Host a Virtual Food Drive! Create a food drive without heavy lifting using our Virtual Food Drive and maximize your donation! FoodBankCENC.org/VFD	21 Speak Out!  At the local, state, and federal levels, our non-partisan advocacy efforts push for public policies and investments that help us move closer to a future where no one goes hungry. Sign up for policy & advocacy updates and take action: FoodBankCENC.org/Advocate	22 Q&A Answer the Question of the Week on the Food Shuttle's social media platforms. We'll be asking about your food habits, resources in your community, and feedback on solutions and programs.	23 Hear From Our Farmers Our work wouldn't be possible without the partnership of local growers and producers. Learn more about a few of our local farmers: FoodBankCENC.org/Mike FoodBankCENC.org/Jireh	24 Students Against Hunger If your school came together to help end hunger in our community, how big of a difference could you make? Learn how to participate in Students Against Hunger: FoodBankCENC.org/SAH	25 Bookmark our Food Finders You never know when someone in your life might need a little help. Bookmark the Food Bank and Food Shuttle's food finders for emergency food nearby FoodFinder.FoodBankCENC.org FoodShuttle.org/FindFood	26 Mark Your Calendar! Smithfield Foods Hunger Relief Day at the N.C. State Fair is Thursday, October 22 . Attend the fair for free with your donation of 6 food items.
27  Donate Help the Food Bank ensure that food isn't an impossible choice for our neighbors. Give today! FoodBankCENC.org/Donate	28 Share A Meal Bring people together by sharing a meal with a friend, family member, or neighbor. Talk with them about food insecurity in our area.	29 Hunger Action Day Wear orange and donate or advocate to fight food insecurity FoodBankCENC.org/Donate FoodShuttle.org/Give	30 Keep it Going! Take everything you have done and learned this month and continue supporting the fight against food insecurity with the Food Bank and the Food Shuttle all year long!	  Sharing is Caring Share what you have learned during #HungerActionMonth on social media and with your inner circle. HungerActionNC.com		