

30 WAYS IN 30 DAYS

Dig In this Hunger Action Month and Make an Impact

No. 1

Kick off your hunger-fighting efforts (because you've decided that fighting hunger is something you're definitely going to do) with a flight from Brite Eyes Brewing Co. One dollar from every flight purchase will go to the Food Bank of South Central Michigan (KLF's Feeding America partner) to help fight local hunger this September.

No. 2

Sign up for KLF's newsletter to see how we're fighting local hunger and how you can help!
You can sign up at kzoolf.org!

No. 3

Head to Grand Traverse Pie Company in Portage and enjoy a slice, or an entire, apple pie. All proceeds from apple pie purchases will be donated to KLF through September 10th.

No. 4

Share one of KLF's Facebook posts with your friends to help raise awareness about local hunger.

No. 5

Check out KLF's upcoming volunteer orientation dates at kzoolf.org and get some hands-on time in our warehouse or pantries to fight hunger.

No. 6

Share a hunger fact with friends and family.
Did you know over 40,000 people in Kalamazoo County who struggle with hunger each day?

No. 7

Not quite sure what KLF is all about? No worries! Get informed this Hunger Action Month by visiting KLF's Frequently Asked Questions page at kzoolf.org.

No. 8

Heading out to pick apples? Consider picking an extra bushel or peck for those in need and donating them to KLF!

No. 9

Clean out your pantry and donate food you don't plan to utilize to Kalamazoo Loaves & Fishes!

No. 10

Consider making a donation to KLF to help fight hunger.
We turn every dollar donated into enough food for three full meals.

KALAMAZOO LOAVES & FISHES
2017 HUNGER ACTION MONTH

No 11

Start a food drive!

Enlist support from family, friends, neighbors, your congregation, fellow staff members, etc.

No. 12

Treat the family to an evening of good old fashion fun at Rollerworld's Skate on Your Can Night each Tuesday! Donate the specified Can of the Week item and admission is only \$2!

No. 13

Treat yourself (or someone else) to a little local ambiance! Purchase a This & That candle from Kalamazoo Candle Co and 50% of the purchase price will be donated to KLF to fight hunger! Visit their website for a listing of local retailers or shop online.

No. 14

Have a garden (or know someone who does)? Donate extra fruits and veggies to KLF! We'll get produce into the hands of people who may not be able to care for their own gardens or who cannot afford to purchase their own fresh food.

No. 15

Looking for a good book to read? We suggest \$2 A Day: Living on Almost Nothing in America. You can check out a copy from the Kalamazoo Public Library.

No. 16

Help spread the word about Double Up Food Bucks availability now in three local grocery stores. Head to DoubleUpFoodBuck.org to learn more.

No. 17

Start a conversation! Strike up a chat with friends, family or someone you meet on the street about hunger. You may be surprised what you learn from others about this issue that affects so many in our community.

No. 18

Become a KLF Hunger Advocate! To see what we've got our eyes on, visit the Advocate tab at: kzoolf.org.

No. 19

Pop by for a tour on September 19th at 4 p.m. to see how the community helps KLF fight hunger here at home.

No. 20

Settle in for the evening with an eye-opening documentary about Hunger in America. You can find "A Place at the Table" on Hulu and YouTube.

LEARN MORE ABOUT FIGHTING HUNGER IN KALAMAZOO COUNTY AT
KZoolf.org

KALAMAZOO LOAVES & FISHES
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No. 21

Take a “helpie”! We want to see how you’re fighting hunger in action! Snap a shot of yourself volunteering to fight hunger, gardening to provide food to friends and neighbors, or donating food at a local food bank! Don’t forget to tag Kalamazoo Loaves & Fishes in your helpie!

No. 22

Share a meal today. Make someone breakfast, lunch or dinner and then challenge them to pass on the gesture to someone else they know.

No. 23

Thank a farmer! Head to the Kalamazoo Farmers Market and thank local growers for providing nutrient dense food to our community.

No. 24

Sport your orange! Throw on as much orange as possible and when people ask why you’re so color coordinated, let them know it’s the color of Hunger Action Month!

No. 25

It’s Johnny Appleseed Day!
Consider donating a few cans of applesauce or a bag of apples to KLF to celebrate!

No. 26

Write to your Congressman about how hunger has affected your life or the life of someone you know. Your story can make a difference.

No. 27

Put yourself in the shoes of someone on SNAP. Consider taking the SNAP Challenge.

No. 28

Find out if your employer will match your charitable donations. There are dozens of local employers who will help double your impact. See our current list at kzoolf.org.

No. 29

Visit KLF’s website to see September’s wish-list item and donate a can (or 29).

No. 30

Hunger doesn’t stop when Hunger Action Month is over. Consider becoming a regular KLF volunteer or a join our squad of monthly donors at kzoolf.org.