

Scan the QR code to access the digital assets we've put together for each day! Then **check off** each daily action you take.

**SUNDAY**



**MONDAY**

**1**

Change your social media banner to one of our **provided banners from our toolkit!**

**TUESDAY**

**2**

Show your support in style! **Wear orange and use the tag #HungerActionMonth.**

**WEDNESDAY**

**3**

**Join us on socials!**  
@SecondHarvestSW

**THURSDAY**

**4**

Looking for a way to talk about hunger with kids? **Our book list can help.**

**FRIDAY**

**5**

**It's National Food Bank Day!** Come volunteer with us.

**SATURDAY**

**6**

**Tailgating the Badger game?** Set up your own food drive during the fun!

**7**

Discover the vital role programs like **SNAP** play in food security.

**8**

Ask a friend to **Go Orange** with you tomorrow! Make it fun and memorable; maybe a feather boa?

**9**

**Go Orange for Hunger Action Day!** Each photo submitted to WMTV provides up to 10 bags of groceries.\*



**10**

**Join Feeding America on socials!**  
@FeedingAmerica

**11**

**Register to vote** or confirm your registration status!

**12**

One fact can spark change. **Share one from our toolkit today!**

**13**

Want to understand hunger in America? **A Place at the Table is a must-watch.**

**14**

Learn the benefits of becoming a **Monthly Donor!**

**15**

Did you know **every \$20 donation can provide 5 bags of groceries?**

**16**

Make your impact go further by **starting a Facebook fundraiser!**

**17**

Stay in the loop & **subscribe to our SCOOP newsletter!**

**18**

Today only, **have your donation TRIPLED** during our Flash Match!\*\*

**19**

Share **our most requested items sheet** with your friends and family.

**20**

Rally your school, office, or neighborhood to **host a food drive!**

**21**

Did you know we accept more than food? **Start a personal care item drive!**

**22**

Read and share Feeding America's **Five Myths About Hunger.**

**23**

**Use your common space to make hunger visible!** Hang a poster from our toolkit.

**24**

Pick out a song for tomorrow's **Request-A-Thon!**

**25**

**Today is Request-A-Thon!** Call 608-204-8000, request a song, and have your donation matched.\*\*\*



**26**

Feeding Wisconsin advocates for a hunger free Wisconsin. **Are you in?**

**27**

Learn why hunger persists—and how you can be part of the solution by **exploring root causes.**

**28**

Support sustainable **food systems** by shopping local at markets and co-ops.

**29**

**Share Your Holidays is just around the corner.** It's never too early to register for a food or fund drive!

**30**

Make a **personal pledge** to take action against hunger all year long.

SEPTEMBER 2025

**HUNGER ACTION MONTH**

**30** WAYS IN **30** DAYS

This September, we invite you to bring your friends, family, and team together in the name of food security. Follow this calendar for daily ways to take action toward ending hunger in our community.

\*The first 500 photos submitted will each provide up to up to 10 bags of groceries thanks to the Alliant Energy Foundation.

\*\* Flash Match funds are provided by the Alliant Energy Foundation.

\*\*\*Request-A-Thon match funds are provided by the Alliant Energy Foundation.