

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Scan the QR code to unlock daily Hunger Action Month resources, then check off each action as you go!

1

Raise a glass for a good cause! Part of today's Olbrich Biergarten sales support Second Harvest.

2

X3

TODAY ONLY! Your donation can be **TRIPLED** during our Flash Match. **Give today!**

3

Take a pledge to **learn, act, and advocate** throughout September!

4

Did you know? **1 in 5 children in our community face hunger.** Share this fact with someone today.

5

Turn compassion into action! Volunteer at a food pantry, meal site, or food bank this month.

6

Watch a **documentary about food insecurity** and start a conversation with a friend.

7

Ask your employer if they **match charitable gifts or volunteer time.**

8

Learn how **FoodShare (SNAP)** helps Wisconsin families put food on the table.

9

Why does ending hunger matter to you? Share your "why" and tag @secondharvestsw.

10

Invite three friends to join you in taking action this Hunger Action Month!

11

Show your appreciation by **thanking a local nonprofit in your community!**

12

Share our **Most Needed Items list** with your family, friends, or coworkers.

13

Organize a mini food drive with your coworkers, neighbors, or friends.

14

Hunger is about more than food. Take a few minutes to learn about the **root causes of food insecurity.**

15

Reflect on a time your community came together to help others.

16

Start a Facebook fundraiser or ask friends to donate in lieu of gifts.

17

Stay connected by signing up for **Second Harvest's The Inside SCOOP newsletter.**

18

Meet people working to end hunger. **Check out our We Nourish series on YouTube!**

19

Shop your pantry and **donate unopened, shelf-stable food.**

20

Support local agriculture by **shopping at a farmers market or food cooperative.**

21

Learn about **Wisconsin Food Rescue** on our website.

22

Invite a friend to **volunteer with you** this fall.

23

Display a Hunger Action Month poster in your break room or community area.

24

X2

Call 105.5 FM Triple M to make a donation and be DJ for a day!

25

Did you know **Feeding Wisconsin** advocates for policies that support food access?

26

Contact your elected officials and let them know food security matters.

27

Join us at the **Working Draft Meat Raffle** benefiting Second Harvest.

28

Share one thing you've learned this month about hunger in our community.

29



It's Go Orange Day! Wear orange, take a photo, and upload it to WMTV 15 News!

30

Finish the month off strong with **Fontana Sports' \$5 Charity 5k!**

SECOND HARVEST
FOODBANK
OF SOUTHERN WISCONSIN

HUNGER ACTION MONTH SEPTEMBER 2026

30 WAYS IN **30** DAYS



Look for the starbursts! These special match days, made possible by our sponsors, mean your donation can go even further to support neighbors facing hunger.

